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MORE CHANNELS THAN ANY OTHER TV MAG!

2-8 JULY 2022

TV&Satellite week

NEW

MY LIFE AS A ROLLING STONE

Mick's 60 years of fame

NEW SERIES

Black Bird

Taron Egerton's twisted mission in a US drama

FROM FRIDAY ON APPLE TV+

LIVE!

WOMEN'S EUROS

It's all kicking off!

HotList This week's 28

Saturday 2

Sundown
DRAMA Sky Premiere, 10am & 10.35pm
Neil (Tim Roth) is on holiday in Mexico when news from home looks set to cut the trip short – but Neil deals with the news in his own unconscionable way.
See review, page 23

Freedom: 50 Years of Pride
DOCUMENTARY C4, 8pm
Using archive footage and testimony from those at the heart of Pride, this film looks back over 50 years of the event. It also asks questions about whether it is inclusive enough and whether it has sold out.

My Life as a Rolling Stone
FACTUAL BBC2, 9.30pm (box set, iPlayer)
As the Stones celebrate 60 years in the biz, this series looks back at their story through the eyes of the surviving members – beginning with their frontman, Sir Mick Jagger. *See feature, page 8*

Alex Scott: The Future of Women's Football
DOCUMENTARY BBC1, 10.20pm
Ahead of the Women's Euro 2022, former Arsenal and England player Alex Scott looks at how women's football is one of the fastest-growing sports in the world.

■ Full listings start on **p35**

Sunday 3

F1: British Grand Prix
MOTORSPORT C4, Sky Sports Main Event, Sky Sports F1 & Sky Showcase, race starts 3pm
British drivers George Russell (above), Sir Lewis Hamilton and Lando Norris will be hoping to make the most of their home advantage at Silverstone.

Wimbledon
TENNIS BBC1, BBC2, BBC iPlayer, BBC Red Button & Eurosport, times vary
For the first time, Wimbledon is scheduling play on 'Middle Sunday'. Also, there will be a special ceremony to celebrate the 100th anniversary of Centre Court.

McDonald & Dodds
CRIME DRAMA ITV, 8pm
DCI McDonald and DS Dodds have some tough questions for a cosmetic surgeon (Sarah Parish, above) when a young influencer is killed at her clinic during a routine nose job. *See feature, page 7*

Zola
COMEDY DRAMA Sky Premiere, 12.35am
Based on a 2015 Twitter thread, this road trip stars Taylour Paige as Zola, a waitress who is enticed by flaky new pal Stefani (Riley Keough) into a Florida jaunt that descends into chaos. *See review, page 22*

■ Full listings start on **p45**

Monday 4

Live: Summer on the Farm
FACTUAL Channel 5, 8pm
Helen Skelton is back, along with Martin Hughes-Games, to oversee all the goings-on for Barnsley-based farming brothers Rob and Dave Nicholson. As it's live, anything can happen! Continues to Fri.

Queen of Trucks
DOCUMENTARY BBC3, 8pm
Shannan Paterson doesn't look like the kind of person who works in the lorry industry but she is the boss of a HGV driving school in the West Midlands and is the subject of this film. *See Documentaries, page 20*

Westworld
SCI-FI Sky Atlantic, 9pm
After new-and-improved hosts come looking for her, can Maeve find out why they are hot on her trail and who is operating them? And who has teamed up with the Man in Black (above)? *See feature, page 12*

The Extraordinary Life of April Ashley
DOCUMENTARY C4, 10pm
Examining the life of model and activist Ashley, the second person in the UK to have male-to-female gender-reassignment surgery. *See Documentaries, page 21*

■ Full listings start on **p55**

Tuesday 5

A Taste of the Country
FACTUAL Channel 5, 7.30pm
This new series follows chef Julius Roberts as he swaps the heat of a London restaurant for a Dorset smallholding, where he gets to work planting a veg patch and cooks simple summer meals.

Freddie Flintoff's Field of Dreams
FACTUAL BBC1, 8pm
The former England all-rounder returns to his home town of Preston, where he aims to help a group of youngsters find a love of cricket. *See feature, page 11*

Ben Fogle's New Lives in the Country
DOCUMENTARY Channel 5, 9pm
The new series begins with Fogle meeting a family as they move from Kent to a remote village in Scotland to restore and run a thriving country pub.

Ghislaine Maxwell: The Making of a Monster
DOCUMENTARY C4, 10pm (box set, All 4)
The story of how Ghislaine Maxwell went from a life of privilege to being embroiled in a seedy world of sex trafficking for Jeffrey Epstein. Continues to Thursday.

■ Full listings start on **p65**

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best shows

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Wednesday 6

Women's Euro 2022: England v Austria

***FOOTBALL** BBC 1, kick-off 8pm*

England host the 16-nation tournament, and it kicks off with the Lionesses facing their Group A opponents Austria at Old Trafford. *See Sport Week, page 28*

The Sky Arts Book Club Summer Reads Special

***FACTUAL** Sky Arts, 8pm*

Andi Oliver and Elizabeth Day take a look at what we should be reading this summer, with the help of Hollywood actor-turned-author Minnie Driver.

George Clarke's Remarkable Renovations

***FACTUAL** C4, 9pm*

Suffolk farmer Paul and his wife Imogen are hoping to create their dream home out of a collection of buildings, including a former Tudor pub.

The Savoy

***DOCUMENTARY** ITV, 9pm*

This final visit to London's glamorous hotel, The Savoy, is an upbeat hour that takes in the many birthday, wedding and anniversary celebrations that had to be postponed during the pandemic.

■ Full listings start on **p75**

Thursday 7

Scottish Open

***GOLF** Sky Sport Golf & Sky Sports Main Event, from 8am*

All four current Major winners – Matt Fitzpatrick (above), Scottie Scheffler, Justin Thomas and Collin Morikawa – are due to be in action. Continues tomorrow.

The Baby

***COMEDY** Sky Atlantic, 9pm & 9.40pm (box set, Sky Box Sets/NOW)*

Natasha (Michelle de Swarte) is nowhere near motherhood – until a baby lands, quite literally, in her arms, in this dark comedy. *See feature, page 6*

The Undeclared War

***DRAMA** C4, 9pm*

Saara takes on the monotonous job of combing through the text in the virus, looking for passwords. While her colleagues consider it a fruitless task, will her efforts prove successful?

The Toys That Built the World

***DOCUMENTARY** Sky History, 10pm*

Looking at some of the iconic brands that have shaped the world of toys and how children play, starting with billion-dollar empire Mattel, creator of the Slinky.

■ Full listings start on **p85**

Friday 8

Dangerous Liaisons

***DRAMA** Netflix*

A young woman from Paris starts at a new school in Biarritz, where she finds herself caught up between Vanessa, the queen bee, who's also an Instagram influencer, and Tristan, a celebrity surfer.

Boo, Bitch

***COMEDY** Netflix*

High-school senior Erika (Lana Condor) is nearing graduation and is concerned that she has little to show for it – and then, after a big party, life takes an unexpected turn... *See Your Watchlist, page 17*

Black Bird

***DRAMA** Apple TV+*

Taron Egerton stars in this fact-based drama about a prison inmate who is offered his freedom if he can extract a confession from a suspected serial killer. *See feature, page 4*

The Sea Beast

***ANIMATION** Netflix*

This high-seas adventure sees Karl Urban voicing Jacob Holland, a legendary monster hunter who finds his life turned upside down by the arrival of ambitious orphan Maisie. *See Your Watchlist, p14*

■ Full listings start on **p95**

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Playing with FIRE

Taron Egerton plays a charismatic prisoner taking on a high-stakes mission for the FBI

NEW DRAMA

Black Bird

From Friday 8 July, Apple TV+

After pleading guilty to charges of drug dealing and possessing illegal firearms, Jimmy Keene is sentenced to 10 years in jail with no prospect of early release in Apple TV+'s six-part true-crime drama *Black Bird*, which launches with a double bill this Friday, followed by a new episode weekly.

Jimmy's natural charisma serves him well on the inside, and he quickly becomes adept at fitting in with the prison's various cliques.

When this catches the FBI's attention, Lauren McCauley (Sepideh Moafi) offers Jimmy (Taron Egerton) a highly unusual deal: she wants him to befriend Larry Hall, who has already been convicted of killing one young woman and is believed to be responsible for the deaths of around 13 others. If Jimmy can elicit further confessions out of Larry before the latter's appeal goes through – in particular, the locations of the bodies – Jimmy gets to walk free.

'When Jimmy agrees, he goes from a medium-security prison to a maximum-security jail specialising in the criminally insane,' says writer and executive producer Dennis Lehane. 'If Larry turns out to just be a serial confessor, then Jimmy's stuck doing his time in there. If Jimmy makes a mistake and gets into a fight with someone, he's stuck doing his time there. This is one of the worst prisons in America – it's a hideous place.'

At first, Jimmy turns down the FBI's offer, seeing the potential risks as simply not worth the slim chance of success. But the situation changes when he learns that his beloved father (played by the late Ray Liotta, see panel, right) is seriously ill, and unlikely to survive to the end of Jimmy's current sentence.

RISKY BUSINESS

'Jimmy never would have taken the deal if his father hadn't gotten sick,' says Lehane. 'His father was his best friend, his everything, the most stable relationship in Jimmy's life at the time. That's why he took the job.'

The series is based on the memoir written by the real James Keene. Like Jimmy in the series, Lehane was far from convinced when he was first approached about adapting the book into a series – until he considered it from a different perspective.

'I was like, "I'm tired of psychos and darkness, I hate prisons, I don't want to do this,"' recalls Lehane. 'But very late in the game, it hit me that I could tell a story about the spectrum of misogyny that I believe all men are on somewhere. I thought if I could tell that journey with Jimmy inconveniently discovering his humanity, then I had a story.'

Finding the right actor to play the lead role was crucial, as Jimmy needed to be by turns charismatic, intimidating and vulnerable – and in the end, there was really only one star in contention for the part.

'We knew Taron Egerton had the magnetism from *Kingsman*, we knew he had the range from *Rocketman*, and from *Eddie the Eagle* he had the sweetness that I think is underneath all the hardness in Jimmy,' says Lehane. 'Somebody got the scripts to Taron extremely early, and the moment he expressed interest, we couldn't see anybody else.'

AN ENIGMA

Casting the role of Larry Hall was trickier, with the part ultimately going to *Cruella* star Paul Walter Hauser, who then had the difficult job of establishing what was going on in his character's mind.

'Paul had to play somebody who is either a savant in what he does, or is 10 times craftier than anybody around him – thinking so far ahead and not letting it show,' says Lehane.

'Paul had to work that out for himself – but we had lots of conversations about it. I spent two years studying Larry, and he is a massive enigma. In the history of serial killers and serial confessors, it's a complete anomaly to find somebody who could be both – but it seems like Larry Hall was...'

Taron Egerton as Jimmy

RAY OF LIGHT

The role of 'Big Jim' Keene ultimately turned out to be one of the final performances for Ray Liotta, who died in May at the age of 67, after a glittering career that included roles in *Field of Dreams* and *Goodfellas*.

Ray Liotta in *Goodfellas*

'I wrote the part with Ray in mind,' says Dennis Lehane. 'I've always loved his softer performances, particularly *Blow*, where he played Johnny Depp's father – a sweet, working-class man whose dreams never worked out.

'I was thinking of that as I was writing, and I thought, "That's the Ray Liotta I want to see." He did not give that performance as he never gave the same one again, but he gave a rich performance of a fundamentally decent man.'

WORDS: STEVEN PERKINS. PHOTOS: APPLE TV+, ©WARNER BROS

NEW FROM Apple tv+

'Jimmy goes from a medium-security prison to one specialising in the criminally insane'

DENNIS LEHANE

Hauser and Egerton as Larry and Jimmy

WHO'S WHO IN *BLACK BIRD*?

Jimmy Keene
Taron Egerton

Charismatic drug dealer Jimmy has an uncanny ability to make friends wherever he ends up – a trait that the FBI is keen to turn to their advantage.

Larry Hall
Paul Walter Hauser

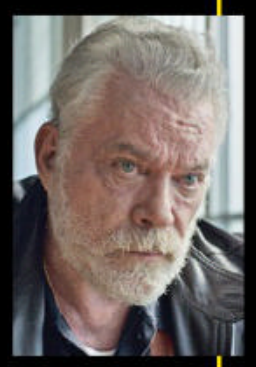
Softly-spoken Larry is seen as a harmless oddball in his small town, until he confesses to killing a young girl. But is he hiding any other secrets?

Lauren McCauley
Sepideh Moafi

The FBI agent believes Larry is responsible for multiple murders that he hasn't yet been charged for – and thinks Jimmy can get him to confess.

Brian Miller
Greg Kinnear

The detective suspects Larry in the 1993 killing of Jessica Roach, but encounters resistance from local law enforcement.



'Big Jim' Keene
Ray Liotta

A retired cop, Jimmy's father was a beneficiary of his son's illicit dealings and feels a bit responsible for his incarceration.

Gary Hall
Jake McLaughlin

Larry's twin brother is his biggest defender. He's convinced Larry is a serial confessor and fantasist, rather than a killer.

NATURAL-BORN KILLER

A **bloodthirsty baby** causes carnage in a new comedy horror

NEW COMEDY

The Baby

Thu, 9pm & 9.40pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Raising a baby is never easy – especially when the child in question is a demonic monster.

In Sky Atlantic's new eight-part comedy horror, chef Natasha is landed with a baby – quite literally – when it falls out of the sky into her arms. After trying in vain to leave the infant at the nearest police station, she feels forced to care for him while she unravels the mystery of his origins.

To her horror, she realises this is no ordinary child. He's a demon in diapers with supernatural powers who can compel adults to do his evil bidding – and as the body count grows, Natasha finds herself in a living nightmare.

Can Natasha offload the little monster before he does her harm? And does the mysterious, chain-smoking Mrs Eaves (Amira Ghazalla) hold the key to her freedom?

We caught up with Michelle de Swarte, 42, who plays Natasha, to find out more…

How would you describe Natasha? She's complex – the kind of character you can really sink your teeth into. She is big and bold, a problem-solver, and doesn't pussyfoot around things.

How did you get the role? By chance. I'm a stand-up comedian, and during the third lockdown I was doing corporate gigs over Zoom. Luckily, one of them was watched by the casting director's husband and she happened to be sitting in on it, and they contacted my agent. This is only my second acting job, so I was none the wiser. I was just like, 'Oh, right. In every scene, I'm holding a baby? Got it.'

Do you actually like babies? I love babies. It would have been really hard to film this series if I wasn't good with babies. What I found quite challenging was the scenes where Natasha is quite abrasive with The Baby. I wasn't shouting directly at him, but if you have a baby, you just want to speak in a soothing voice.

What stands out from filming? Running through a bean field, jumping into a tank of water, and doing a kids' party scene. This series is like nothing I've seen before, but to have an action horror that's about motherhood totally makes sense.

We hear there were a lot of babies on set [see panel, right]. How was that? On any given day, there were five babies on set. You can only have them there for a certain amount of time, obviously, so you have to be very considerate to their eating and sleeping schedules. But they were having so much fun, with ice lollies and candy. The blood and gore was put in afterwards!

PROBLEM CHILD

The newborn baddie in the *The Baby* is played by 10-month-old twins Albie and Arthur Hills, and not surprisingly the filming schedule had to revolve around the boys' pint-sized needs.

The tots took it in turns to play the role, and had their own stand-ins when needed, plus a life-size replica doll for visual-effects shots.

One of their parents was present whenever the twins were shooting, and the producers hired a child specialist – dubbed the 'baby whisperer' – to coax the children into 'acting'.

'She would help us get the performance,' explains director Nicole Kassell. 'She'd have a toy handy at all times to keep them happy. And she'd make the judgement calls: "Albie's in a mood. Let's get Arthur!"'

Michelle de Swarte and one of the twins

WORDS: ELAINE REILLY, VICTORIA WILSON. PHOTOS: SKY, ITV

Adults are left speechless by The Baby

Amira Ghazalla as Mrs Eaves

'An action horror about motherhood totally makes sense'
MICHELLE DE SWARTE

Sarah Parish as Mariel

Final cut

Sarah Parish is a cosmetic surgeon caught up in a killing

CRIME DRAMA
McDonald & Dodds
Sunday, 8pm, ITV

Sarah Parish has played plenty of meaty roles – including a memorable performance as nightclub boss Lorraine in Netflix murder mystery *Stay Close.*

In this week's episode of *McDonald & Dodds,* Parish is involved in another murder hunt as she plays a cosmetic surgeon who lands in hot water after a lifestyle influencer is found dead on the operating table at her clinic.

SURGERY GONE WRONG

When social-media star Rose Boleyn (*Outlander*'s Rosie Day) books into exclusive Ford & Flynn for a nose job, the seemingly routine procedure goes horribly wrong and Rose dies mid-op.

As DCI McDonald (Tala Gouveia) and DS Dodds (Jason Watkins) are called in to investigate, the clinic's bickering, soon-to-be divorced owners, Al (Rhashan Stone) and Mariel (Parish), are thrust into the spotlight.

'Mariel is stylish, flamboyant and naughty – her first reaction to what's happened is to save herself and make sure the clinic doesn't go under,' says Parish. 'Mariel and Al constantly bicker yet they're a good business partnership. They can't live with each other and they can't live without each other.'

Dodds and McDonald

UNDER SUSPICION

As the detective duo learn that Rose was poisoned, they're keen to question the clinic's anaesthetist Dan (Nitin Ganatra). But he insists he's innocent. Did someone try to frame him?

As the sleuths dig deeper, more about Mariel's personal life is revealed, including her love of golf and karaoke.

'I had to look like I knew what I was doing with the golfing scenes – luckily, my husband [James Murray] is a good golfer, so he helped me,' laughs Parish, 54. 'He couldn't help me with the karaoke, though. I just had to go for it. It was an embarrassing and painful day of filming for everyone!'

Rosie Day as Rose Boleyn

Celebrating 60 years of veteran rockers the **Rolling Stones**

Not fade

Jagger, Richards and Watts with former members Bill Wyman (top) and Brian Jones (bottom right)

NEW FACTUAL

My Life as a Rolling Stone

Saturday, 9.30pm, BBC2 (box set, BBC iPlayer)

British rock band the Rolling Stones have been going for a staggering 60 years since playing their first gig in the summer of 1962.

Along the way, they've released over 20 studio albums, had countless chart hits and set the standard for stadium concerts on some hugely successful tours, as well as ruffling a few Establishment feathers and attracting an adoring fan base around the world.

To mark the anniversary, BBC2's four-part rockumentary *My Life as a Rolling Stone* offers an in-depth look at the evergreen rockers, with extensive new interviews with Sir Mick Jagger, Keith Richards and Ronnie Wood, plenty of fascinating archive footage, and contributions from rock luminaries such as Sir Rod Stewart and Tina Turner.

Starting with Jagger, each episode is devoted to one of the three remaining band members, with the final episode dedicated to drummer Charlie Watts, who died last year.

Here, series producer Steve Condie talks us through what's in store…

WORDS: IAN MACEWAN, ALISON SLADE. PHOTOS: BBC, GETTY, ITV

Jumpin' Jack Flash
SIR MICK JAGGER

The charismatic, strutting frontman, who's 78, found himself the leader of the Stones offstage when they suffered a series of setbacks: the passing of founder Brian Jones in 1969, fan deaths at their Altamont concert in California, and a hefty tax bill.

'In the late 1960s, the Stones were skint,' says Condie. 'Mick knew he had to step up, and he became a sort of creative and commercial visionary for the band. He'd studied at the London School of Economics, and he could have been a really successful entrepreneur, like Richard Branson. And I'm not sure anyone has been as influential in terms of how to be a rock 'n' roll singer.'

Jagger the showman

New boy Ronnie Wood (centre) in the 1970s

Emotional Rescue
RONNIE WOOD

Previously a member of Faces with Sir Rod Stewart, Wood, 75, has been credited as 'the man who saved the Rolling Stones', with his arrival in 1975 reinvigorating guitarist Keith Richards. 'Ronnie brought an irrepressible energy and sense of humour back into the mix,' says Condie.

As well as giving the band a boost when he joined, Wood also stopped them going their separate ways some years later.

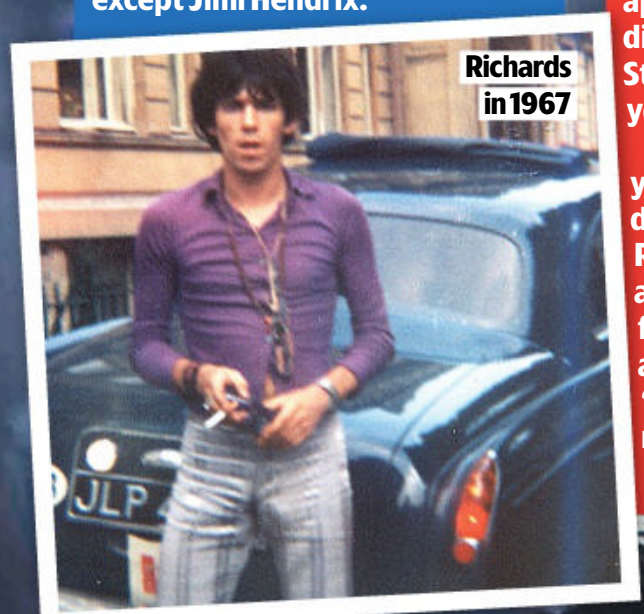
'In the 1980s, when the band famously weren't getting on, it was Ronnie who said: "Let's give it another go; let's get on the road; let's get in the studio,"' says Condie. 'He told them straight: "Nothing you do is going to be as good as this!"'

away

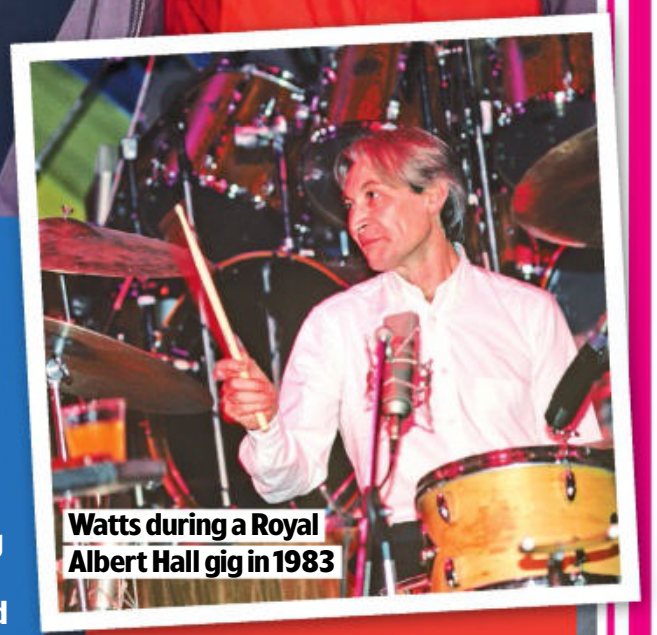
Street Fighting Man
KEITH RICHARDS

Richards, also 78, became friends with Jagger through their shared love of American blues. A respected guitarist and songwriter, his talent was often overshadowed by his hellraising lifestyle. His Sussex home was raided by the police in 1967, and he was tried for drugs offences during the 1970s. However, says Condie, the blues aficionado is actually a shy introvert for whom substance abuse became a way of dealing with the pressures of fame.

'To take as many substances as possible was an escape for a young guy from Dartford who'd been thrown into this maelstrom of attention,' he says. 'I don't think there's been a more influential guitar player except Jimi Hendrix.'



Richards in 1967


Watts during a Royal Albert Hall gig in 1983

Respectable
CHARLIE WATTS

The glue that held the band together, drummer Watts formed the Stones' rhythm section with bass player Bill Wyman, who left the band in 1993. His love of dance music gave the band's sound a distinctive groove.

'If people want to really appreciate why the Stones are different from The Beatles, the Stones have always been a band you can dance to,' says Condie.

Quiet man Watts, who died last year aged 80, always looked dapper in his tailor-made Savile Row suits. 'You think about Keith and Mick and Ronnie, and their flamboyant leather and scarves and earrings,' says Condie. 'But Charlie is the one who's really individual, with his devotion to sartorial style.'

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Phill and Fiz make it to the ceremony

CORONATION STREET

Will Fiz marry Phill... or take back Tyrone?

» **Fiz is frazzled** in the run-up to her and Phill's nuptials – Hope's bridesmaid dress gets covered in wine, Phill's glamorous ex-wife Camilla rocks up out of the blue, and Evelyn and Mimi furiously clash. To top it all, Tyrone tells her he still loves her and wants her back.

Although clearly still harbouring feelings for the mechanic, Fiz insists her wedding is going ahead – Ty made his bed last year when he left her for Alina, and he needs to bloomin' well sleep in it. But the drama keeps on coming as Camilla claims Phill's been sending her emails and they're still in love, and then the registrar cancels on them at the last minute.

Tyrone and Evelyn

Fiz and Phill manage to sort things, and Tyrone, accepting defeat, presents Fiz with a pair of pearl earrings that belonged to Vera.

As the ceremony begins, will Fiz stick to her guns and say 'I do', or listen to her heart and decide Ty's the man for her?

» **PLUS** Toyah takes a big risk to help Spider, Audrey has a shock announcement for the rest of her family, Elaine's smitten with Stephen, Kevin gives Aaron a job, Steve falls for a con trick, and Stu's search for his daughter reaches a dead end.

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ALSO IN THE SOAPS THIS WEEK...

EMMERDALE

» Faith discovers her cancer has spread (above), Charles tracks down daughter Naomi, Liv's mum Sandra pitches up, Bernice coaxes Nicola out of the house, Amy's confused by Matty's mood swings, and Liam worries about Leyla.

EASTENDERS

» Phil (right) is issued with a death threat, Mitch's estranged brother Avery arrives in the Square, Stacey dumps Kheerat when she thinks he's embarrassed of her, and Ben offers Peter an olive branch.

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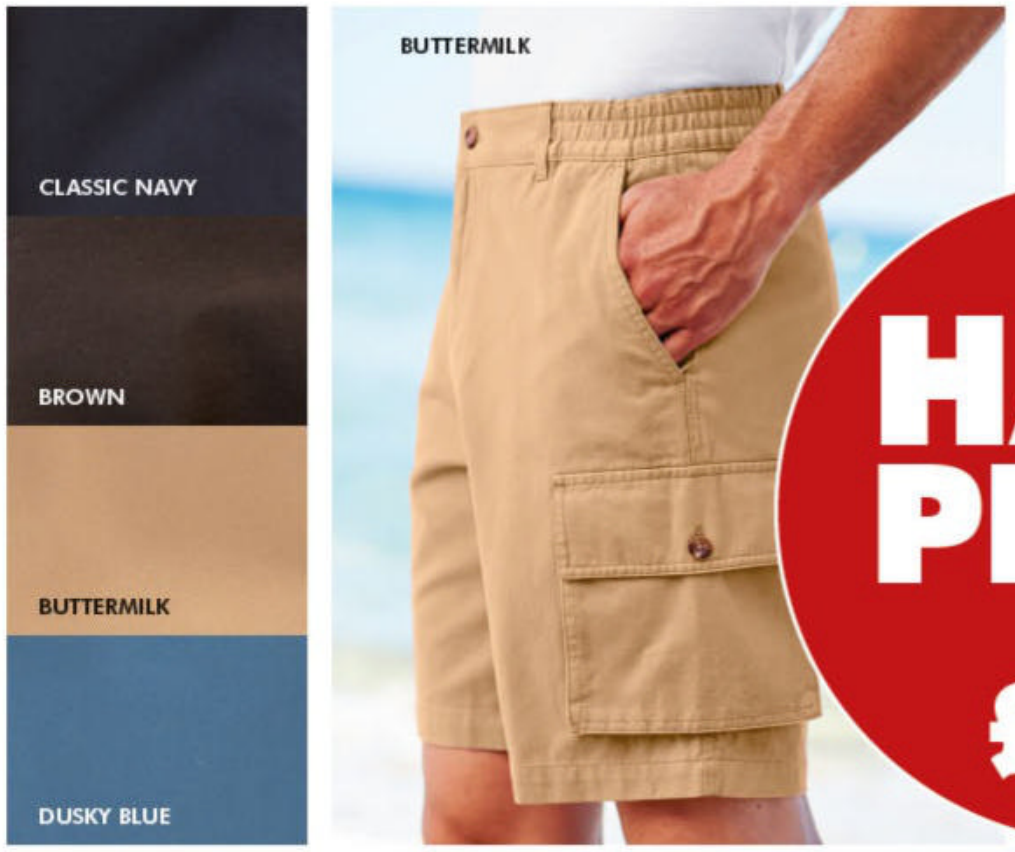

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Flintoff with his new squad

Breaking boundaries

Freddie Flintoff tries to create a cricket team made up of working-class boys from his home town of Preston

Flintoff playing in the 2009 Ashes

NEW FACTUAL

Freddie Flintoff's Field of Dreams

Tuesday, 8pm, BBC1

Freddie Flintoff started his journey to become England cricket captain when he fell in love with the sport as a young boy growing up on a Preston council estate – but he reckons the chances of anyone following in his footsteps are slim.

Cricket has long been a sport for the elite, with two-thirds of the England squad that contested the most recent Ashes series educated at private schools. Now, Flintoff is desperate to reverse that trend.

In a new three-part series, *Freddie Flintoff's Field of Dreams*, the former all-rounder returns to Preston in a bid to reverse negative stereotypes of the sport and help working-class boys discover a love for the game.

'At the moment, you have to be privileged or lucky – as I was – to play cricket, but it shouldn't be like that,' says Flintoff, 44. 'In this series, I want to get kids who have never played cricket before to compete competitively. Most of them thought it was posh and boring and had never even picked up a bat before, so I wanted to change their minds as well as teach them how to bat and bowl.'

> **'At the moment, you have to be privileged to play cricket'**
> FREDDIE FLINTOFF

In this week's first episode, the *Top Gear* host convinces a squad of teenagers – many of whom had never heard of him – to attend a few training sessions, including 15-year-old Sean, who has attended several different schools.

'I have to admit, I got far more invested in the boys' lives than I thought I would. But I cared more about them as people than their cricketing ability at the end of the day,' he explains. 'They also pushed my boundaries and I did wonder what I'd taken on at times.'

With the help of former teammates Alex Tudor and Kyle Hogg, Flintoff prepares the boys for their first-ever match, amid the beautiful hills of the Lake District, against a group of men from Patterdale Cricket Club.

In the weeks to come, he works hard to find the boys a cricket club of their own and secure funding, while preparing them for the biggest match of their lives when they take on a team from an elite school.

'I've always thought that winning was everything and beating the opposition was all I ever wanted to achieve,' says Flintoff. 'But I had to change my mindset with this project. I learnt the importance of patience – and the team taught me that it is about so much more than just winning.'

You liked...

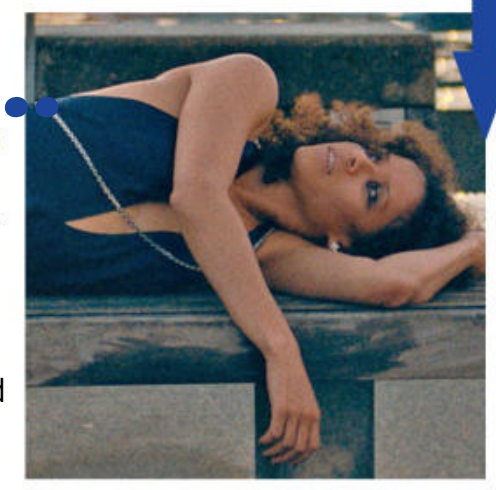
Close to Me on C4 (currently on All 4)

In this six-part drama, Connie Nielsen starred as translator Jo Harding, who lost her memory after falling down the stairs at her home. As she pieced her memories back together, she made discoveries about her husband Rob (Christopher Eccleston) and his role in her 'accident'.

Now try this...

Surface on Apple TV+

This upcoming eight-part psychological thriller stars *The Morning Show*'s Gugu Mbatha-Raw as Sophie, a woman who is left with extreme memory loss following a traumatic head injury. As she puts her life back together with the help of her husband and friends, she begins to question whether she is really being told the truth.



WORDS: SEAN MARLAND, RICHARD MCCLURE. PHOTOS: APPLE TV+, BBC, C4, GETTY

Look Who's Back...

A familiar face making a new appearance this week

NEW **Johnny Vegas**

Big Zuu's Big Eats

Mon, 10pm, Dave (box set, UKTV Play)

2005

Johnny Vegas changed his name from Michael Pennington when he embarked on his comedy career in the 2000s. Along with numerous appearances on panel shows, he's played drug dealer Moz (left) in BBC3's *Ideal* (2005-11), and Geoff 'The Oracle' Maltby in ITV comedy series *Benidorm* (2007-17). He's also starred as coach driver Terry in the Gold comedy whodunnit *Murder on the Blackpool Express* and its subsequent sequels, and has a regular role as himself on Dave's *Meet the Richardsons*.

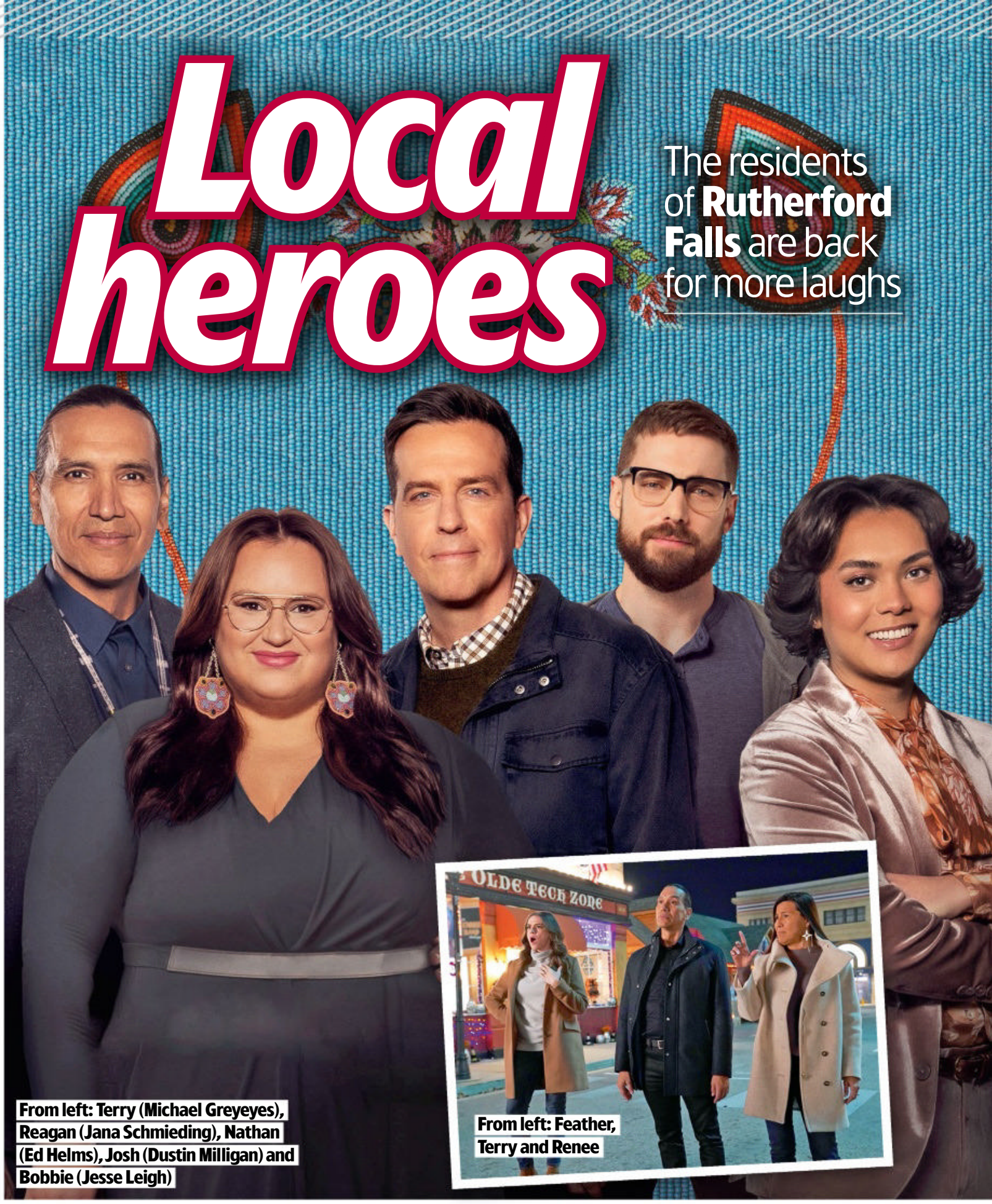
HIS NEW APPEARANCE

Vegas is the guest this week as *Big Zuu's Big Eats* returns for a third series. The show sees the BAFTA-winning chef and grime artist Big Zuu travel around the UK in his brand-new food truck to provide celebrities with a unique eating experience. This time, there's a twist as the guests are not just eating – they are asked to make a dish of their own. Zuu heads to Stockport in the first episode to help Vegas reinvent Spam into a culinary masterpiece.

WORDS: NATASHA HOLT, REBECCA MAHONEY, RICHARD MCCLURE. PHOTOS: BBC, C4, ITV, SKY, UKTV, PEACOCK, HBO

Local heroes

The residents of **Rutherford Falls** are back for more laughs



From left: Terry (Michael Greyeyes), Reagan (Jana Schmieding), Nathan (Ed Helms), Josh (Dustin Milligan) and Bobbie (Jesse Leigh)

From left: Feather, Terry and Renee

Thandiwe Newton plays Maeve Millay

PARANOID ANDROID

Maeve is on the run from upgraded robots

SCI-FI

Westworld

Monday, 9pm, Sky Atlantic

Sassy, sword-wielding robot Maeve Millay has proved herself to be *Westworld*'s most unpredictable robot after turning on her villainous leader, Serac, and killing him in last season's explosive finale.

Switching sides, Maeve instead helped a dying Dolores (Evan Rachel Wood) and war veteran Caleb (Aaron Paul) destroy Serac's supercomputer and ultimately change the fate of humanity and hosts alike.

But after choosing to spend her new-found freedom alone in a remote cabin and off the grid for seven years, Maeve is suddenly forced back into reality in this fourth season when new-and-improved android assassins come looking for her and her old ally, Caleb, who's

NEW COMEDY

Rutherford Falls

Available now, Peacock on Sky

BFFs Reagan and Nathan

If you're a fan of *Schitt's Creek* and *Parks and Recreation*, there's a good chance you'll also enjoy smartly written US comedy *Rutherford Falls*.

Set in the small town of the same name, and the Native American reservation that it borders, the first season (currently available on Peacock on Sky) introduced us to the local residents – notably museum owner Nathan (Ed Helms) and his best friend Reagan (Jana Schmieding), a member of the fictional Minishonka Nation, who runs the town's cultural centre.

ANCESTRY

As we rejoin the action, Nathan is back home and trying to figure out his life following his mini-meltdown when he discovered the truth about his ancestry in season one.

Romance is also in the air, as sparks continue to fly between Nathan and town mayor Deirdre (Dana L Wilson), while Reagan soon finds herself embroiled in a love triangle.

'There's a lot of romance for sure, and Nathan's story takes a pretty wild, unexpected turn,' teases Helms, 48, who starred as paper salesman Andy in the American version of *The Office*.

'But throughout it all, Nathan and Reagan are there for each other. We like to joke that their relationship is a bromance between a man and a woman. Their backgrounds as a white man and a Native American woman colours so much of what they understand about each other – and what they don't understand about each other. I love seeing two characters as different as they are being so committed to one another.'

FOIBLES

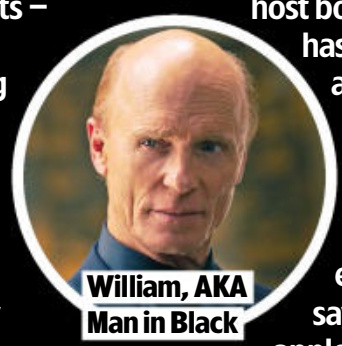
Elsewhere in town, casino owner Terry (Michael Greyeyes) turns to Nathan for advice when his plans to revamp Rutherford Falls as a tourist destination are met with opposition, and the town also sees a keenly fought new mayoral contest.

'The first season introduced these characters, and the town's historical clash between colonial idealism and Native American history,' says Helms. 'Now, in this season, we're really celebrating the comedy of these characters and all of their foibles – and it's a joy.'

now a devoted family man.

Can Maeve and Caleb find out why these upgraded hosts – who seem resistant to Maeve's mind-controlling powers – are hot on their trail? And who is operating them?

'Maeve's relationship with Caleb is interesting because we've seen very little of that so far,' says Thandiwe Newton, 49, who plays the saloon owner-turned-freedom fighter. 'But I don't think it's as simple as Caleb just continuing Dolores' work.


William, AKA Man in Black

DEVOLVING HUMANITY

'In a way, the robots have greater humanity than the humans because they've learnt about humanity and they're taking what's best about it, whereas humanity is devolving.'

Not all robots have a soft side, however. Charlotte Hale (Tessa Thompson), who's one of many host bodies for Dolores' mind, has teamed up with an android version of William, AKA Man in Black (Ed Harris).

'Hale is fascinating to me now, as an extension of Dolores,' says Newton. 'It's like the apple falling far from the tree and all that. Dolores has spawned all these children who very quickly separate themselves from her. I love that evolution.'

The question is, though, who will viewers be rooting for now?

'I think Maeve as a character defines and personifies freedom – a freedom that has yet to be truly understood,' says Newton. 'She's also aware of betrayal and who's pulling her strings, and when she has that awareness, she rises like a phoenix.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

Inspector Montalbano and Antonia

Inspector Montalbano

LAST ONE

Saturday, 9pm, BBC4

It's time to say arrivederci to one of TV's most popular cops as Italian detective Salvo Montalbano (Luca Zingaretti) embarks on his final case in a two-hour episode. The Sicilian sleuth investigates the murder of a loan shark who also oversaw a cult-like group of aspiring actors who were willing to follow his every word. Meanwhile, Montalbano falls for the much younger head of forensics, Antonia (Greta Scarano). Will the romance threaten his long-term relationship with his partner Livia?

NEW

Joe Lycett's Big Pride Party

Sunday, 9pm, C4

In this one-off Pride celebration, comedian Joe Lycett is joined by Rupert Everett, *It's a Sin* star Olly Alexander, plus *Heartstopper*'s Joe Locke and Yasmin Finney. Boy George and Culture Club and Steps will perform while *EastEnders* actor Danny Dyer makes a cameo and comedian Rosie Jones goes out on the road.

NEW

The Sky Arts Book Club Summer Reads Special

Wednesday, 8pm, Sky Arts

Sky Arts Book Club will be back for season three later this year, but this week there's a summer special, hosted by authors Andi Oliver and Elizabeth Day. They'll be looking at Minnie Driver's memoir, *Managing Expectations*, in which she writes about her unconventional childhood and Hollywood experiences.

Alan Carr's Epic Gameshow

Saturday, 7pm, ITV

This week, Carr hosts *Strike It Lucky*, which previously ran from 1986 to 1999. The game sees three pairs of contestants trying to navigate their way along rows of TV screens by answering questions correctly. 'The thing that makes me laugh is when I fall down those stairs,' says Carr. 'I can't tell you how many times that's happened.'

Monster ahoy!

A pair of mismatched shipmates go in search of a **terrifying sea creature**

NETFLIX The Sea Beast

NEW *Available:* ***Friday 8 July***
Genre: ***Animation***

Karl Urban may be best known for fighting corrupt superheroes in fantasy drama *The Boys*, but this week the New Zealand actor tackles a very different enemy when he stars in epic family animation *The Sea Beast*.

It's set in a world where sea monsters terrorise defenceless ships, and Urban voices legendary hunter Jacob Holland, who lost his family to a creature when he was a child, and now fights to protect the innocent from a similar fate.

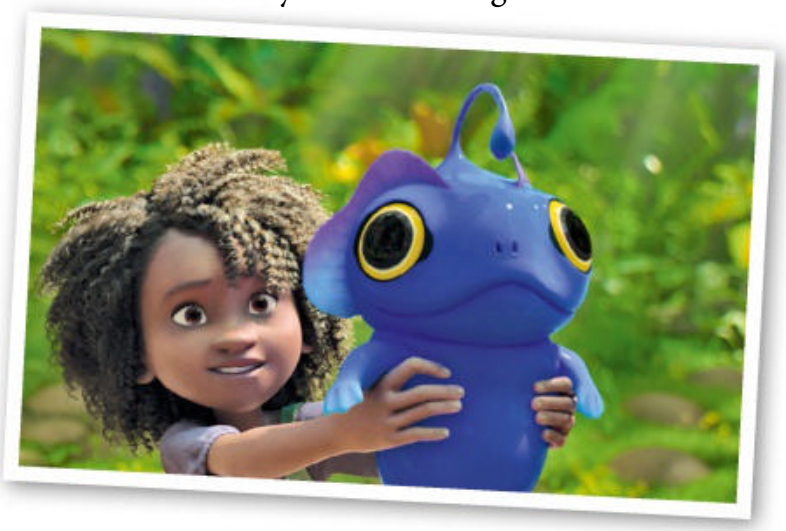
His life is turned upside down when 11-year-old orphan Maisie Brumble (Zaris-Angel Hator) stows away on his fabled ship, *Inevitable*. Gung-ho Maisie dreams of becoming a monster hunter herself, and gets her chance when the King and Queen implore Jacob and his mentor, Captain Crow (*Chernobyl*'s Jared Harris), to hunt down the most fearsome of the sea beasts – the Red Bluster.

The stowaway is initially a thorn in Jacob's side, until the two form an unlikely friendship. Along the way, they gain a new friend, baby sea monster Blue, and the pair begin to realise that the creatures they've been hunting might not be as bad as they seem.

'They have to learn to trust each other to survive and what they learn on the journey changes everything for them,' says Urban, 50. 'This film is about the search for families – and a family can come in all shapes and forms.'

Dan Stevens, Kathy Burke and Jim Carter also feature in the film, which is created by Oscar-winning film-maker Chris Williams, who drew on his childhood interest in adventure stories.

'I found old maps to be fascinating, specifically old sea-monster maps that had the oceans populated with colourful monsters,' he explains. 'My ideas turned into a script that I brought to Netflix, they were excited about it, and here we are.'



FANTASTIC WORLD

Williams undertook meticulous research into the maritime world in order to bring the sea and ships to life.

'Research was so important as we knew the film was going to be set in a fantastic world but would resemble very much our world, maybe around 1700,' says Williams, who took his design team and animators to the USS Midway Museum in San Diego, a historic naval aircraft-carrier museum.

'We wanted to understand the world of the tall sailing ships. We got to pull on the ropes and really understand how they worked, so we didn't feel like we were faking it.'

Around 665 artists and production staff worked on *The Sea Beast*, creating

Adventure awaits on the high seas

Jacob and Maisie

nearly 155,000 frames of animation that include battle sequences and colourful creatures. But there's more to the movie than stunning action sequences – themes of forgiveness give the story its heart and passion.

'It's about breaking away from a circle of aggression and vengeance,' explains Williams. 'Jacob, Captain Crow, and even the sea monsters participate in this cycle of violence. It takes the experiences that they have and a character like Maisie Brumble to help break away from this really entrenched way of thinking.'

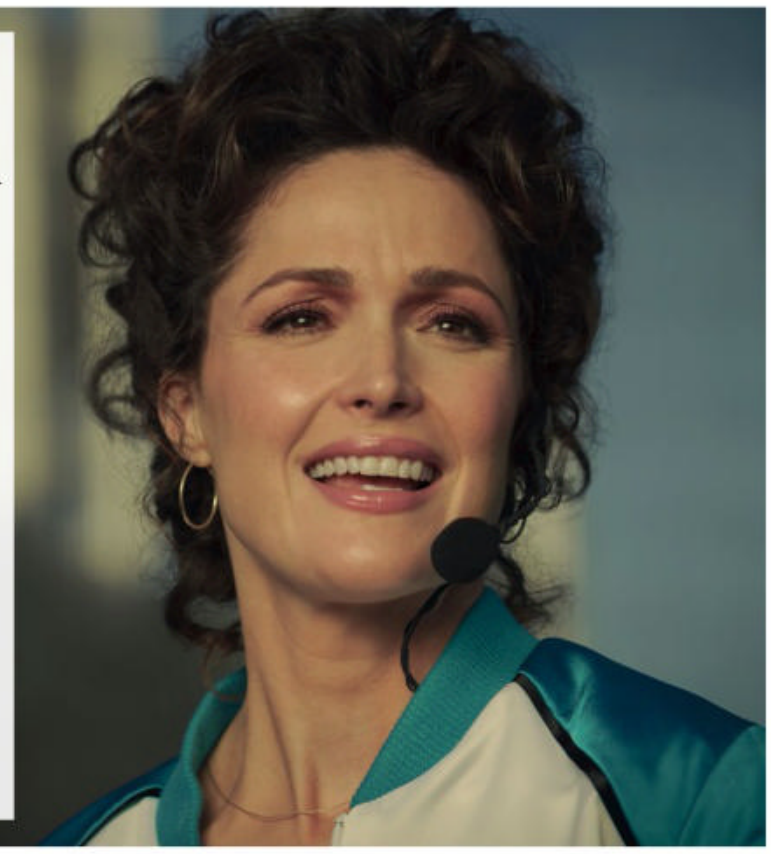
What we're watching...

The shows being enjoyed by the *TVSW* team

Physical

Genre: Comedy drama Season: 2
Episodes: 10 (released weekly)

Rose Byrne gives a tour-de-force performance in this compelling dark satire on the 1980s fitness industry. As Sheila Rubin, an unhappy and tormented California housewife intent on creating her own exercise empire, Byrne excels at conveying bitter determination, deep despair, and red-hot anger. After selling her workout videos locally in the first season, Sheila has her eyes on a bigger prize – informercials – in the second season, and she looks to another rising fitness guru Vinnie Green, played by *The White Lotus*' Murray Bartlett, for inspiration.



Interceptor

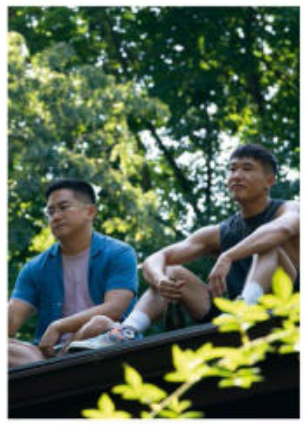
Genre: Action drama
Episodes: One-off

A fast-moving movie centring on a US Army captain (Elsa Pataky) on a missile-interceptor vessel in the middle of the Pacific Ocean who must fight off attackers trying to breach the base's command centre.

Fire Island

Genre: Romantic comedy Eps: One-off

Two friends (Bowen Yang and Joel Kim Booster) are planning to spend the summer in a famous gay resort in a life-affirming modern spin on Jane Austen's classic *Pride and Prejudice*.



Now in production...

Three upcoming shows to look out for soon

The Brothers Sun

In the blackly comic drama series, Michelle Yeoh (above) will play a Taiwanese woman whose life in LA with her youngest child is thrown into turmoil following the murder of her gangster husband and the arrival of her criminal eldest son (Justin Chien).

Schmigadoon!

The musical comedy will return for a second series and sees baffled couple Melissa (Cecily Strong) and Josh (Keegan-Michael Key) in Schmicago, a world where everyone lives in a dance musical from the 60s and 70s. Tituss Burgess and Patrick Page join the cast.

Ben Affleck

Ben Affleck (above) and Matt Damon's as-yet-untitled film explores how the Nike sportswear company battled to sign a deal with basketball star Michael Jordan in the 1980s. Affleck plays Nike's co-founder Phil Knight, with Damon as executive Sonny Vaccaro.

WORDS: CAREN CLARK, JUDY EWENS, REBECCA FLETCHER. PHOTOS: APPLE TV+, ©2022 DISNEY AND ITS RELATED ENTITIES, GETTY, NETFLIX

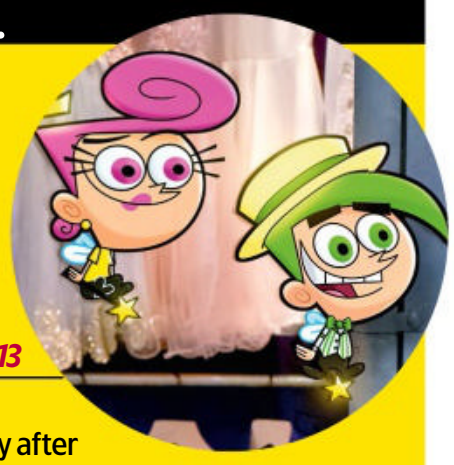
If you're a fan of animation...

Paramount+

The Fairly OddParents! Fairly Odder

NEW Available: Mon 4 July

Genre: Comedy Season: 1 Eps: 13



This mix of live action and animation picks up the story after the original 10 series ended in 2017. This time, with Timmy Turner off to college, the action follows his cousin Viv and her new stepbrother Roy as they navigate life with the help of fairy godparents Wanda and Cosmo.

If you like madcap comedy dramas...

NETFLIX

King of Stonks

NEW Available: Wed 6 July

Genre: Comedy drama

Season: 1 Episodes: 6

Inspired by real events, this German comedy drama centres on Felix Armand (Thomas Schubert), who wants to be the boss of the biggest financial tech firm in Europe. However, with the Sicilian Mafia wanting a piece of the action, Felix is forced to turn to crime to keep his head above water.

NETFLIX

Hello, Goodbye, and Everything in Between

NEW Available: Wed 6 July

Genre: Drama

The team behind the *To All the Boys...* trilogy have produced this new romantic drama, based on the novel by young-adult author Jennifer E Smith. Students Clare (*West Side Story*'s Talia Ryder) and Aidan (*The Flash*'s Jordan Fisher) make a pact to break up before going off to separate colleges, but they find themselves retracing the memorable moments of their relationship on their last evening as a couple. The pair's final romantic date leads them to familiar landmarks, unexpected places, and causes them to reconsider their decision to split up after realising how much they love each other.

NETFLIX

Dangerous Liaisons

NEW Available: Friday 8 July

Genre: Drama

Teenage social-media stars with malicious motives take centre stage in this modern-day take on the iconic 18th-century novel by Pierre Choderlos de Laclos. Following countless adaptations – including Glenn Close's 1989 period romp, plus Reese Witherspoon's career-launching 1999 film *Cruel Intentions* – this French film is set in an elite high school in Biarritz, where Instagrammers reign supreme. After leaving her fiancé behind in Paris, idealistic 17-year-old Célène (Paola Locatelli) is the new girl, who falls for seductive surfer Tristan (Simon Rérolle). But she's unaware of the cruel bet he's made with Vanessa, the queen bee of a nasty clique of influencers. Just how far will they take their dangerous game?

Disney+

America the Beautiful

NEW Available: Mon 4 July

Genre: Documentary

Season: 1 Episodes: 6

Released on the Fourth of July, this epic documentary series is narrated by *Black Panther* star Michael B Jordan and takes a breathtaking journey across North America to reveal the spectacular range of animals that call it home – from grizzly bears and caribou to rattlesnakes and sea otters. The series includes footage filmed by cameras on fighter jets to produce spectacular shots of stunning landscapes such as the Sierra Nevada, Grand Canyon, Colorado River and the Mojave Desert.

Among the highlights are black bears carrying their tiny cubs through alligator-infested swamps and prairie dogs battling a tornado. 'From sea to shining sea, North America is the most diverse continent on Earth,' says Jordan.

WORDS: VICTORIA WILSON, REBECCA MAHONEY, CAREN CLARK. PHOTOS: BBC, C4, ©2022 DISNEY AND ITS RELATED ENTITIES, ITV, NETFLIX, PARAMOUNT+

Spook school

A shy teen haunts the corridors of her high school when she **turns into a ghost**

Lana Condor plays Erika Vu

A recently-deceased Erika living it large

NETFLIX **Boo, Bitch**

NEW *Available: Friday 8 July*
Genre: Comedy
Season: 1 Episodes: 8

Getting through high school is usually tough enough, but waking up one morning to discover you're a ghost adds a whole new layer of complications. That's exactly what happens to one teen in supernatural comedy *Boo, Bitch*, which lands on Netflix this week.

Lana Condor plays painfully shy Erika Vu, who's trying to navigate her final weeks at her school, which involves a daily battle with resident mean girl Riley. But after years of being a wallflower, Erika dares to live out her dreams at a big student party, only to wake up hungover the next morning and realise she's now a ghost.

'*Boo, Bitch* is a raunchy comedy with a paranormal twist,' reveals Condor, who's best known for playing Lara in the *To All the Boys*... trilogy.

'The show is filled with chaos in the best way but, really, it's about how we can lose ourselves in the pursuit of trying to fit in. It's about staying true to yourself and how you can make mistakes, but how those mistakes never define you. Erika has to hit rock bottom so she can build back up.'

FEMALE-LED CREW

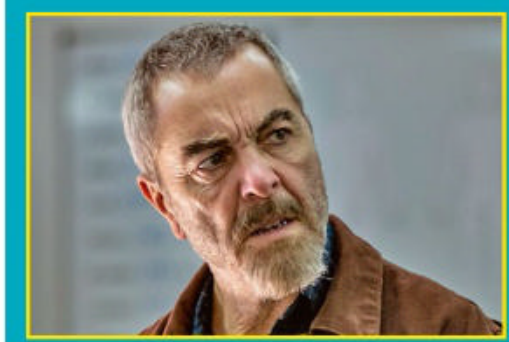
Condor, 25, says she loved getting into costume for the role. 'We have an amazing hair, make-up and wardrobe department,' she enthuses. 'The entire look of Erika is something people haven't really seen me in before.'

Also starring *Ozark*'s Madison Thompson and *Fear the Walking Dead*'s Zoe Margaret Colletti, *Boo, Bitch* features a host of female talent, something that delighted Condor.

'The actors are all phenomenal and the show is very female-led behind the camera, which is very exciting and something we need to see more of,' she says. 'I hope people are going to really love this show. I'm just honoured to be a part of it.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



C4 **Suspect**

C4's crime thriller finds James Nesbitt on fine form as detective Danny Frater, who comes face to face with the corpse of his estranged daughter at a morgue. In tense encounters, he then questions those who could shed light on her demise.

ITV HUB **McDonald & Dodds**

The sight of a murder victim found with an enigmatic smile on her face kicks off a twisty investigation for DS Dodds (Jason Watkins) and DCI McDonald (Tala Gouveia) as the star-studded, Bath-set crime drama returns on ITV.

BBC iPLAYER **Lenny Henry's Caribbean Britain**

In BBC2's fascinating documentary showcasing the trials and triumphs of British-Caribbean life, Baroness Floella Benjamin chats to Sir Lenny Henry about the harsh reality of arriving in London from Trinidad.

C4 **Taskmaster: Champion of Champions**

Ed Gamble's frustration is palpable as he tries to create a river for a rubber duck in C4's special episode of the celebrity game show, in which other past winners Liza Tarbuck and Richard Herring also do battle.

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^ £250 deducted from total price. Cannot be used in conjunction with any other offer. Offer ends 31/08/22.

Pick of the new releases

The best new shows to enjoy this week on streaming services...

America the Beautiful
Monday 4 July

Black Panther's Michael B Jordan narrates a natural-history series from the makers of *Planet Earth* that showcases the unique wildlife inhabiting North America's most spectacular and diverse landscapes, as well as the human caretakers who work to preserve and maintain their habitats.

The Fairly OddParents! Fairly Odder
Monday 4 July

Using a mix of live action and animation, this series picks up after the original 10-series run of *The Fairly OddParents* ended in 2017. This time, it follows Timmy Turner's cousin Vivian 'Viv' Turner and her new stepbrother Roy Raskin as they navigate a new life in Dimmsdale.

The Sommerdahl Murders
Monday 4 July

Season three of the Danish crime drama centring on DCI Dan Sommerdahl (Peter Mygind), who has devoted his life to protecting his beloved coastal town, at the cost of his marriage.

King of Stonks
Wednesday 6 July

German satirical comedy-drama series. An ambitious financial mastermind lies, cheats and schemes to make his dodgy start-up firm the most successful financial technology company of all time.

Hello, Goodbye, and Everything in Between
Wednesday 6 July

Romantic drama. After making a pact to break up before going off to college, Clare (Talia Ryder) and Aidan (Jordan Fisher) have one last date and retrace their relationship from their first hello.

I May Destroy You
Thursday 7 July

BAFTA-winning dark comedy drama created by and starring Michaela Coel as Arabella, a young writer in the public eye who begins to piece together that she was drugged and raped on a night out with friends.

Four Lives
Thursday 7 July

Sheridan Smith stars in the true story of the families of four young gay men – murdered by serial killer Stephen Port (Stephen Merchant) in London in 2014 and 2015 – fighting to get justice for their loved ones.

The Indian Doctor
Thursday 7 July

All three series of the 2010-2013 comedy drama set in a Wales coal-mining community in the 1960s and starring Sanjeev Bhaskar as the village's new doctor – a high-flying Delhi graduate.

Borderline
Thursday 7 July

Both seasons of the 2016-17 mockumentary series centring on a group of agents working for a fictional version of Border Force at an airport. Narrated by Ralf Little and starring Jackie Clune and Jamie Michie.

The Longest Night
Friday 8 July

Spanish crime thriller. A group of armed men surround a prison in order to free a serial killer, but are met with fierce resistance from the prison director...

Picnic at Hanging Rock
Thursday 7 July

Natalie Dormer stars in this 2018 drama series based on Joan Lindsay's novel about the mysterious disappearance of three schoolgirls and a teacher while on an outing in the Australian bush in 1900.

Dangerous Liaisons
Friday 8 July

A modern reworking of the 1782 French novel. Idealistic Célène falls for bad boy Tristan at her new high school, unaware she's part of a cruel bet he's made with social-media queen Vanessa.

Black Bird
Friday 8 July

A convicted drug dealer (Taron Egerton) is offered the chance of a reduced sentence by befriending a suspected serial killer (Paul Walter Hauser) and getting him to reveal where his victims are buried. See feature, page 4.

The Sea Beast
Friday 8 July

Animated family adventure. A young girl stows away on the ship of a monster hunter and together the pair embark on an epic voyage into uncharted waters. See feature, page 14.

Duck & Goose
Friday 8 July

Preschool kids' animated series about feathered friends Duck and Goose, who find that their differences can help them solve everyday challenges.

Boo, Bitch
Friday 8 July

After years of playing it safe, a high schooler (Lana Condor) decides to live life to the full, only to discover she's died and is now a ghost. See feature, p17.

Dream Listing: Byron Bay
Friday 8 July

Reality series following a group of elite property agents in idyllic Byron Bay, Australia, where properties routinely sell for more than $10m.

WORDS: JUDY EWENS. PHOTOS: ACORN TV, BBC, NETFLIX

Documentaries

Keep on *trucking*

Meet **Shannan Paterson**, who's shaking up the road-haulage business

NEW FACTUAL

Queen of Trucks

Monday, 8pm, BBC3

With her immaculate make-up, hair and nails, Shannan Paterson doesn't look like the typical haulage-industry employee. But trucking is in her blood, and the 27-year-old, who is the subject of BBC3's documentary *Queen of Trucks*, is the boss of a successful HGV driving school in the West Midlands.

Paterson took over the family business following the sudden death of her mother, so her father, Trevor, could become a full-time dad to her younger sister, Bonnie.

'It was hard,' she admits. 'But it gave me something to focus on after losing my mum. It was good to throw myself into something positive rather than allowing myself to wallow in self-pity.'

Now she heads a team of four driving instructors and two office staff, with 20 HGV learners a week coming through the doors, hoping to get their licence.

CHALLENGES

Last year, a Road Haulage Association survey of its members estimated there is now a shortage of more than 100,000 qualified drivers in the UK because of the pandemic.

Even before COVID-19 caused upheaval, the estimated shortage was about 60,000 after thousands of drivers from EU countries reportedly returned home because of new immigration rules, while tax changes made it more expensive for drivers from elsewhere in Europe to work or be employed in the UK.

With such a severe shortage of drivers and plenty of employment opportunities in trucking, Paterson's training centre in Willenhall, which runs five-day courses, is busier than ever, and this one-off programme will also offer an insight into why other people have been drawn to working in the industry.

Paterson, whose father is a HGV instructor, is also taking lessons to get her own HGV licence, and is keen to champion young drivers at the centre. But she admits that customers are often surprised when they find out she's in charge.

'It's still seen as a male world,' she admits. 'I've had the odd occasion where a customer has come in and said: "I don't want to speak to you, I want to speak to a man, I want to speak to the boss." It's as if I can't be in charge, especially as I'm quite young.

'But I'm used to it now. I love what I do, and I hope I'm making my mum proud.'

The haulage industry is facing a crisis

Ben Fogle's New Lives in the Country

Tuesday, 9pm, Channel 5

The new series begins with Fogle meeting car salesman Paul, carer Toni and their daughter Harriet as they move from Kent to a remote village in Scotland to restore and run a country pub. With no experience in renovation or pub work, and a very tight budget, how will they fare?

A Taste of the Country

Tuesday, 7.30pm, Channel 5

Chef Julius Roberts swaps a London restaurant for a Dorset smallholding, hoping to become self-sufficient. He starts by planting a veg patch and building a fence for his goats, and shows us how to make simple meals using garden produce.

Who Killed The KLF?

Saturday, 9pm, Sky Documentaries

The stranger-than-fiction story of Jimmy Cauty and Bill Drummond's British electronic band The KLF, told via previously unheard tapes. The band enjoyed chart success in the 80s and 90s, including with the single *Justified & Ancient* alongside Tammy Wynette. The pair also notoriously burnt £1 million in a publicity stunt in 1994.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: BBC, C4, CHANNEL 5, GETTY, SHUTTERSTOCK

Shannan Paterson

Live: Summer on the Farm

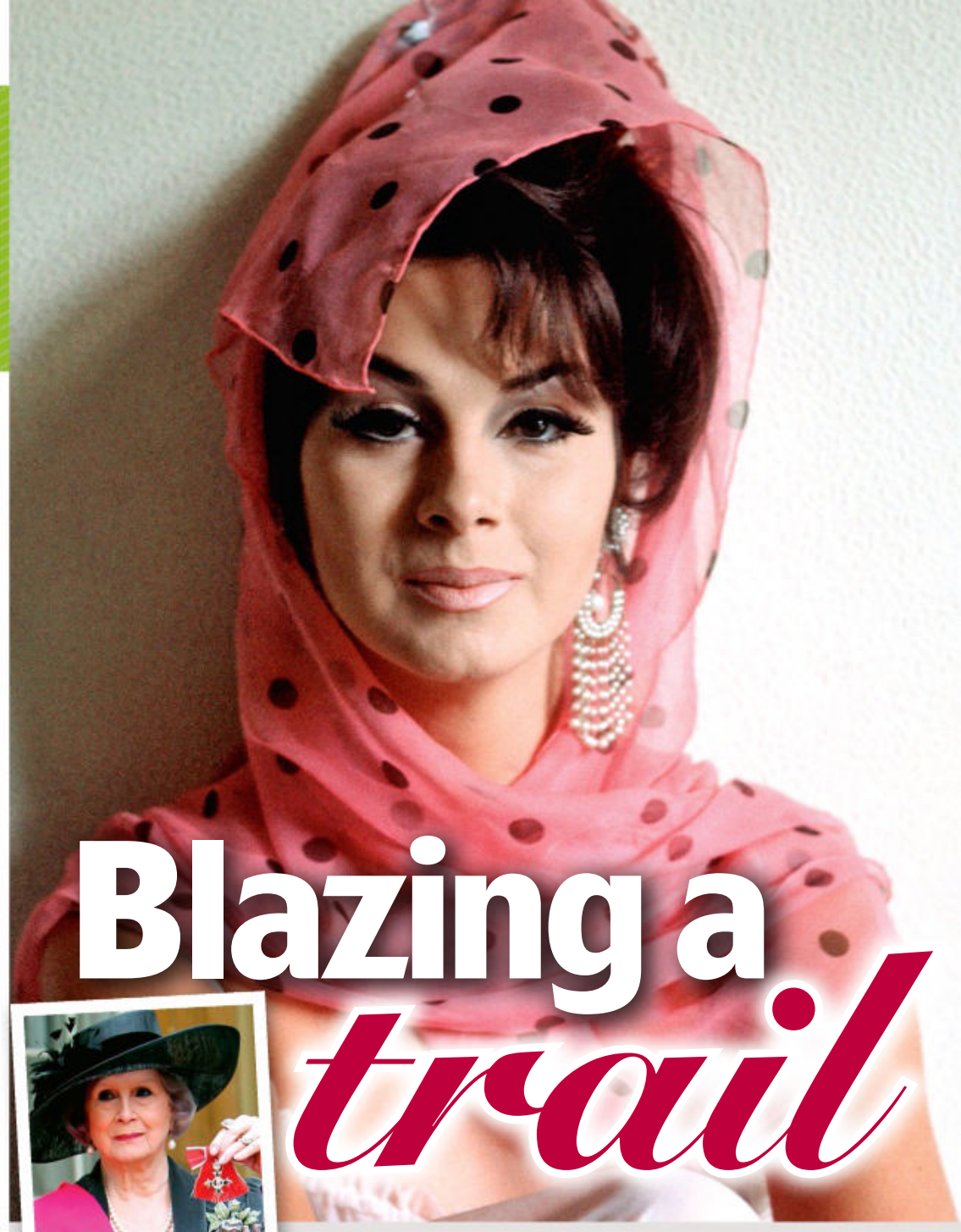
Monday-Friday, 8pm, Channel 5

Cannon Hall Farm is gearing up for its busiest season of the year. Host Helen Skelton will be joined on the South Yorkshire farm each weeknight by ex-*Springwatch* star Martin Hughes-Games (above) – standing in for Jules Hudson – as they get involved in various countryside pursuits alongside farmers Dave and Rob Nicholson.

Ghislaine Maxwell: The Making of a Monster

Tue-Thu, 10pm, C4 (box set, All 4)

The daughter of tycoon Robert Maxwell, Ghislaine Maxwell's world fell apart when her father died amid financial scandal and, after latching on to New York financier Jeffrey Epstein, she became involved in trafficking women and girls for him. This three-part series tells her story.



Blazing a *trail*

Collecting her MBE in 2012

A profile of the late model, actor and activist **April Ashley**

NEW PROFILE

The Extraordinary Life of April Ashley

Monday, 10pm, C4

Glamorous model April Ashley was photographed by *Vogue*, courted by celebrities including Elvis Presley and Omar Sharif, and acted alongside Bob Hope, Bing Crosby and Dame Joan Collins.

But her successful career was torpedoed when, in 1961, the *Sunday People* newspaper outed her as a transgender woman.

'I got slapped four times,' she later revealed. 'The most extraordinary moment was in Sloane Square. I saw this elegant woman coming straight at me. She slapped me so hard, I had her finger marks on my face for three days.'

Ashley, whose story is recounted in a C4 documentary this week, was only the second person in Britain to undergo male-to-female gender-reassignment surgery.

Born in 1935, and growing up as a boy named George in Liverpool, she later worked in nightclubs and saved money for a surgical procedure in Casablanca in 1960. She then forged a successful acting and modelling career.

Ashley suffered further public humiliation while divorcing British aristocrat Arthur Corbett, when a judge ruled that, since she remained a biological man, the marriage was invalid.

VALIDATED

After suffering a heart attack, she moved to America. When she returned to the UK in 2005, she was finally recognised as female, thanks to the Gender Recognition Act.

She was awarded an MBE for services to transgender equality, and speaking before her death last year, Ashley was philosophical about the extreme highs and lows she lived through.

'I know more than anyone how people can judge,' she said. 'But I also know if you are true to yourself, that's all that matters.'

Ashley (right) with Bob Hope in 1962 film *The Road to Hong Kong*

Films Our Pick of

Wild things: Taylour and Riley

PREMIERE OF THE WEEK

ZOLA

Taylour Paige and **Riley Keough** take a wild ride to Florida in this Twitter-based tale

COMEDY DRAMA

Sunday, 12.35am, Sky Premiere ★★★★

Famously spun out from a rollicking 2015 Twitter thread that gripped the US, this is an ultra-playful, raunchy and violent stripper saga, proclaiming, 'Most of what follows is true.'

The slippery, action-packed road trip delights in keeping you guessing as canny waitress Zola (Taylour Paige) is enticed into a Florida lapdancing jaunt with flaky new friend Stefani (Riley Keough). Also along for the ride is Stefani's short-fused 'roommate', X (the fun and very frightening Colman Domingo), who prefers pimping to pole work.

Zola's ingenuity must keep her alive in what becomes a blackly comic whirlwind of sex work and turf wars.

Director Janicza Bravo's neon-drenched, rap-fuelled, quick-cut snapshot style makes the trip's twisty chaos a blast, giving it a *Spring Breakers*-meets-*Pulp Fiction* mix of menace and goons-with-guns laughs. But even as the story barrels through its sleazy, pulse-pounding capers, Paige's whip-smart performance, full of fear and fury, never lets you forget the terror of sex trafficking, or her determination not to be its victim.

Alongside her, Keough's jiggling agent of chaos juggles truth, betrayal and panting men, including Nicholas Braun's dim-witted boyfriend Derrek, whose doofus slapstick sweetens the film's sharp cynicism.

Sometimes too tricky for its own good (there's a head-spinning, if hilarious, brief change of POV), the film eventually runs out of road, reducing its suspense to lurid shocks. But at its best it's the wildest of rides. 2020, 18, 86MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, JORDAN FARLEY, KEVIN HARLEY, NIGEL PIZEY, KATE STABLES

the Week's Best Films

HORROR

Spiral: From the Book of Saw

On all week, On demand, Netflix ★★★★

This *Saw* spin-off/revival is one that will delight both die-hard fans and a new generation of horror nuts. Chris Rock plays detective Zeke Banks, son of Samuel L Jackson's former police captain Marcus. Alongside his rookie partner William Schenk (Max Minghella), Zeke sets out to catch a serial sadist targeting cops. Could it be Jigsaw – or his latest copycat..? While the largely self-contained plot might not boast the labyrinthine intricacy of earlier entries in the franchise, it's satisfyingly twisty and stocked with suitably horrible death traps. From 28 June. 2020, 18, 93MIN

Chris faces a puzzle

DOCUMENTARY

This Much I Know to Be True

Friday, On demand, Mubi ★★★★

Bored during lockdown, Nick Cave took government advice literally and retrained, giving ceramics his all. But even the singer's figurines pall beside his return to performance with wild-eyed wingman Warren Ellis, told here by director Andrew Dominik with haunting depth and power. Digging deep, Cave, Ellis and backing players perform pre-tour songs from *Ghosteen* and *Carnage*. In 2016's *One More Time with Feeling*, Dominik explored the tragic death of Cave's 15-year-old son Arthur in 2015. Arthur's memory lingers in Cave's songs, transcendent reveries on the tender ties between love, grief and life. A strong sense of communion also unfolds in warm, wry interviews as Cave details his connections to his fanbase and Ellis. A moving, rousing account of an artist learning to live with loss: shadowed by sorrow, but determinedly alive. 2021, 15, 105MIN

Thanks for the music: Nick and Warren

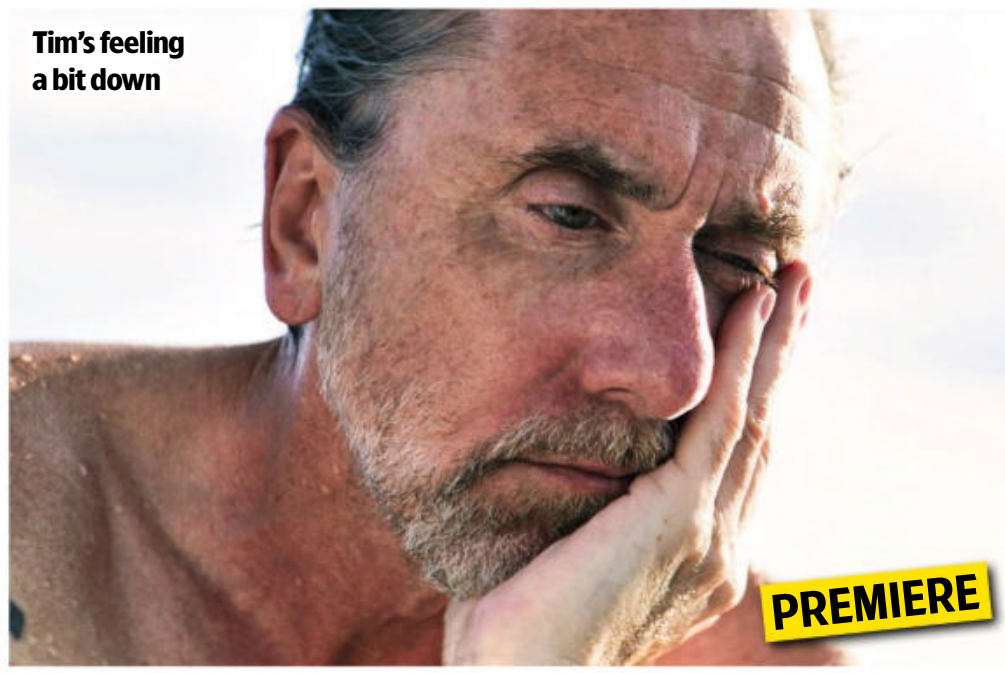
COMEDY DRAMA

Love Sarah

On all week, On demand, Netflix ★★★

Shannon Tarbet strives to fufil her late mother's dream of opening a Notting Hill bakery with help from her eccentric grandma (Celia Imrie), a former trapeze artist and circus owner, and her mum's best friend (Shelley Conn). Director Eliza Schroeder's debut film is engaging and entertaining for those with a taste for light and fanciful romcoms. In among the sweet treats, there are love-interest roles for Rupert Penry-Jones and Bill Paterson, plus a cameo from *Great British Bake Off* winner Candice Brown as the eponymous Sarah. From 1 July. 2020, 12, 98MIN

Celia gets a taste of flour power



Tim's feeling a bit down

DRAMA

Sundown

Saturday, 10am & 10.35pm, Sky Premiere ★★★★

Mexican provocateur Michel Franco has made some of the bleakest films in recent memory – so consider it fair warning when we say that *Sundown* is his most nihilistic work to date. Tim Roth stars as Neil, a wealthy man holidaying in Acapulco when his mother dies. However, rather than returning home, elusive Neil chooses to cut all ties to his family and fortune, and saunter around paradise with sociopathic apathy. Don't be fooled by the sunny setting – this darkly comic and deliciously transgressive morality play is as tough as they come. 2021, 15, 82MIN

FilmFinder The best of the week at a glance

Action & Thriller

The Little Things
Sunday, Sky Thriller, 8pm ★★★★
A morally complex, 90s-set LA story, this serial-killer thriller is an unsettling tale of murder, obsession and how the past can haunt you. Denzel Washington commands respect in the lead. 2021, 15, 128MIN

The Mexican
Monday, Sky Hits, 5.50pm ★★★
Brad Pitt stars in this quirky action comedy as a small-time crook sent to collect a legendary pistol from Mexico. Julia Roberts complicates things as his kidnapped girlfriend. 2001, 15, 123MIN

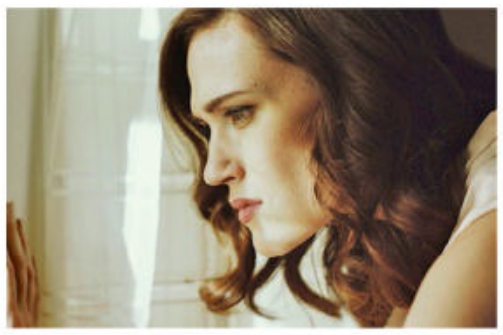
Tears of the Sun
Tuesday, AMC, 12midnight ★★★
A strange mix of grim reality and gung-ho war film with Bruce Willis as a US soldier ordered to evacuate doctor Monica Bellucci and her patients from war-torn Nicaragua. 2003, 15, 121MIN

Nobody
Thursday, Sky Hits, 8pm ★★★★
Bob Odenkirk is terrific as a jaded family man whose previous life as an assassin comes to the fore following an act of retribution that escalates into a war with the Russian mob. 2021, 15, 92MIN

Horror & Sci Fi

Vivarium
Sunday, Film4, 11.10pm ★★★
Would-be homeowners Jesse Eisenberg and Imogen Poots end up trapped in a picture-perfect development. A stylish sci-fi thriller that is a little too stifled by its conceptual trappings. 2019, 15, 97MIN

The Martian
Tuesday, Film4, 6.15pm ★★★★
Marooned on the Red Planet, Matt Damon's resourceful astronaut-botanist has to come up with a survival plan in an enthralling space adventure from *Alien* director Ridley Scott. 2015, 12, 141MIN



Minor Premise
Wednesday, Sky Sci-Fi/Horror, 1.50pm ★★★
A fine sci-fi puzzler that requires your full attention. Neurologist Sathya Sridharan attempts to unlock the core elements of the brain and ends up splitting his mind into nine entities. 2020, 15, 95MIN

Brightburn
Friday, Film4, 11.05pm ★★★
In a grisly spin on the Superman story, Jackson A Dunn's boy who fell to Earth wields his superpowers to horrific purpose. Elizabeth Banks also stars as his adoptive mum. 2019, 15, 90MIN

Classic

Three Days of the Condor
Thursday, Sky Greats, 8pm ★★★★
There is a fine sense of tension as Robert Redford's CIA researcher discovers he can trust nobody after his colleagues are massacred. Faye Dunaway is the stranger he kidnaps to stay alive. 1975, 15, 118MIN

Rebecca
Friday, Talking Pics, 5.25pm ★★★★★
Alfred Hitchcock's eerily atmospheric adaptation of Daphne du Maurier's novel stars Joan Fontaine as a young bride whose new husband (Laurence Olivier) hides a dark secret. 1940, PG, 130MIN

EDITOR'S CHOICE

Freaks
Thursday, Film4, 9pm ★★★★
This smart, dark drama has echoes of *The Twilight Zone*, as seemingly paranoid dad Emile Hirsch keeps his young daughter (a superb Lexy Kolker) locked away from the outside world. He claims she has to pretend to be a 'normal' if she's ever caught, but what's really going on? An intriguing, highly entertaining movie, it will have you scratching your head until the big reveal. 2018, 15, 105MIN

Drama

Hardball
Saturday, Sky Drama, 8pm ★★★
Despite a few streetwise moves, this juvenile baseball drama is a lot squishier than its title suggests. Keanu Reeves is the guy coerced into training a LIttle League team. 2001, 12, 106MIN

The Danish Girl
Saturday, Sky True Stories, 10pm ★★★
Eddie Redmayne and Alicia Vikander's vibrant performances bring colour to a rather muted portrait of Lili Elbe, the early-20th-century transgender artist, born Einar Wegener. 2015, 15, 120MIN

Chef
Thursday, Sky Drama, 4.20pm ★★★★
A labour of love for Jon Favreau, who wrote, directed and stars in a splendid tale about a former top chef who takes to the road with his young son, selling food from a truck. 2014, 15, 114MIN

Straight Outta Compton
Friday, Sky True Stories, 3.25pm ★★★
The irresistible rise and ultimate break-up of N.W.A. – the notorious gangsta rap band from the meaner streets of 1980s Los Angeles – is told in compelling fashion. 2015, 15, 157MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 2 July

BIOPIC

Rocketman

9.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This splashy, lavish biopic charts the life of Elton John (superbly played by Taron Egerton), beginning with shy Reggie Dwight from Pinner, taking in his successful song-writing partnership with Bernie Taupin (Jamie Bell) and on to extravagantly costumed international stardom. But fame doesn't help Elton shake off his demons, nor does his toxic affair with manager John Reid (Richard Madden). So he seeks help… Along the way, director Dexter Fletcher ensures the film is full of colour, spectacle and hits. 2019, 15, 121MIN

Shining star: Taron as Elton

CRIME DRAMA

American Night

9.35am & 2.25am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

This hyper-stylised, lurid crime story tells a labyrinthine tale revolving vaguely around Andy Warhol's print of Marilyn Monroe. It takes place mostly over the course of one night, going back and forth in time, involving trying-to-go-straight art dealer Jonathan Rhys Meyers, his art curator girlfriend Paz Vega, his stuntman brother Jeremy Piven, touchy crime lord Emile Hirsch and a host of others drifting in and out. 2021, 15, 123MIN

THRILLER

Collateral

10.50pm, ITV ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise's hitman hails an LA cab driven by nice Jamie Foxx and forces him to drive him on a night of killing. Writer-director Michael Mann's thriller is mesmerisingly mean and moody. Cruise and Foxx are perfect, the scenes involving lawyer Jada Pinkett Smith and Irma P Hall, as Foxx's mother, lend a welcome note of humour and the night-time LA landscape has rarely been depicted with such sordid beauty. 2004, 15, 120MIN

COMEDY FANTASY

L.A. Story

9pm, AMC ★★★★

Sex ●●● Violence ●●● Language ●●●

Steve Martin plays a jaded TV weatherman in this delightful romcom, which is both a toast to true love and an exposé of the hollowness of life in LA. Victoria Tennant (Martin's then real-life wife) is on good form, too, as an English journalist and the object of his desire, while Richard E Grant and Sarah Jessica Parker bring a lot of comical whimsy to a witty, good-natured film that cleverly manages to be sharp as well as sweet. 1991, 15, 97MIN

DOCUMENTARY

Memory: The Origins of Alien

11.20pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Bursting with insight, though lacking in new contributions, director Alexandre O Philippe's documentary about the 1979 classic *Alien* is a compelling dive into the genesis of the film, concentrating on the art, literature, ideas and dreams that fuelled it from director Ridley Scott, designer HR Giger and screenwriter Dan O'Bannon. 2019, 15, 95MIN

Full listings start on p35

Sunday 3 July

COMEDY DRAMA

Dunkirk

9pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Defying convention and Hollywood heroics, writer-director Christopher Nolan's immersive epic about the Dunkirk evacuation plunges us into the midst of the race to rescue hundreds of thousands of Allied troops from the beaches of northern France in the early summer of 1940. The film interweaves plot lines involving, among others, Fionn Whitehead, Kenneth Branagh, Mark Rylance and Tom Hardy and brilliantly conveys the endurance, panic, terror and resolve of those involved. 2017, 12, 106MIN

Fighting on the beaches: Fionn

ACTION THRILLER

The Equalizer 2

8pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Denzel Washington's righter of wrongs returns in this superior sequel to the 2014 thriller. Seemingly a book-loving, widowed loner, Washington's former black ops agent metes out violent retribution to assorted evildoers, which builds to a ferocious showdown in a deserted Massachusetts beachside town in the midst of a hurricane. The plot may be B-movie fare, but Washington's A-game charisma keeps it gripping. 2018, 15, 121MIN

CRIME DRAMA

American Gangster

9pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

A slow-burning real-life crime drama with Denzel Washington as chauffeur Frank Lucas, who reinvented himself as a crime kingpin in 1970s New York, using the Vietnam War as a cover for importing heroin from Asia and building a vast criminal empire from the proceeds. His rise up the underworld ladder is juxtaposed with the desperate efforts of idealistic cop Richie Roberts, played with gruff charm by Russell Crowe, to bring him down. 2007, 18, 157MIN

COMEDY

Swingers

8pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Jon Favreau stars as a man still brooding over his break-up with his long-time girlfriend. Despite its modest budget, this is a screamingly funny look at a group of twentysomethings and their fumbling attempts to find romance. The scene where the pathologically insecure Favreau (who also scripted) has to verbally wrestle with a telephone answering machine will have you rolling on the floor. 1996, 15, 96MIN

COMEDY DRAMA

Rain Man

10.30pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

When Tom Cruise learns the bulk of his father's $3million estate has been left to his autistic elder brother (Dustin Hoffman), he takes him from his institution and sets out to nab the money. But getting to know his sibling, Cruise's attitude begins to change. A superbly acted (Hoffman won one of the film's four Oscars), poignant and totally involving comedy drama. 1988, 15, 133MIN

Full listings start on p45

PAY-PER-VIEW PREMIERES

*The pick of the week's films on **Sky, Virgin** and other platforms*

Alexander fights for his family

ACTION

The Northman

From Mon 4 July ★★★★

Sex ●●● Violence ●●● Language ●●●

Adapted from the Icelandic tale that also inspired *Hamlet*, *The Northman* stars Alexander Skarsgård as Prince Amleth, bent on avenging the murder of his father (Ethan Hawke), killed by his half-brother (Claes Bang) who took the throne and claimed the queen (Nicole Kidman) for himself. For a seemingly straightforward revenge tale, this film also examines the cost of Amleth's grudge and the nature of its hero's journey. It's an impressive, relentlessly entertaining adventure and a cinematic rarity to be savoured. 2022, 15, 137MIN

Talent spotters: Nic and Pedro

ACTION COMEDY

The Unbearable Weight of Massive Talent

From Fri 8 July ★★★★

Sex ●●● Violence ●●● Language ●●●

The idea of Nicolas Cage being synonymous with excess is taken up and firebombed by writer-director Tom Gormican's mischievous comedy. Cage plays actor Nic Cage, losing his bankability and daughter's respect but desperate to work. Berated by his alter-ego Nicky, he's thinking of retiring. Then he's offered $1million to attend the birthday party of Pedro Pascal's billionaire. As the pair bond, the CIA asks Cage to spy on Pascal… Balancing ridicule with reverence, this is a blast. 2022, 15, 107MIN

Weekday movies over page

Weekday movies

Monday 4 July

COMEDY HORROR

Willy's Wonderland

1.30pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

After his car breaks down near a backwater town, a drifter (Nicolas Cage) is coaxed into staying in and cleaning up the eponymous amusement arcade overnight. But its creepy, oversized mechanical mascots have taken on a demonic, murderous presence… What follows unfolds in gleefully OTT fashion, mashing together cheap but inventively executed bloodletting, hicksploitation, a bunch of unfortunate teens and a perfect performance from an expressive Cage in full flow. 2021, 15, 89MIN

It's all in a night's work for Nicolas

ROMCOM

Elizabethtown

6am, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

In writer-director Cameron Crowe's bittersweet tale, shoe designer Orlando Bloom is suicidal after losing his company millions, but gets on a cheerier path when he meets kooky flight attendant Kirsten Dunst en route to his dad's funeral. They enjoy a quirky romance, his extended family adds some of the funnier moments and he makes a climactic road trip to a fabulous soundtrack that tops this sweet romcom. 2005, 12, 124MIN

COMEDY DRAMA

American Beauty

10pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

British stage director Sam Mendes made an unforgettable screen debut with this caustic satire. Oscar-winning Kevin Spacey is at his best as a cynical family man whose midlife crisis sees him throwing away his career, his family (Annette Bening plays his wife and Thora Birch his daughter) and life in a desperate act of rebellion against suburbia. Mendes skilfully juggles the film's mixture of humour and tragedy. 1999, 18, 122MIN

ROMCOM

Eternal Sunshine of the Spotless Mind

7.10pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

A painfully shy Jim Carrey and live-wire Kate Winslet meet on a train – but then she tires of him and goes off to Tom Wilkinson's clinic to have all memories of him erased… Charlie Kaufman won an Oscar for his brilliantly clever script that weaves a multi-layered plot of flashbacks and alternative realities. With both stars on wonderful form, this must-see treat lingers long in the mind. 2004, 15, 108MIN

DRAMA

Happy End

12.15am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Michael Haneke picks at familiar scabs in this tale of a troubled Calais family, headed by octogenarian George Laurent (Jean-Louis Trintignant). Anxiety clogs each scene and violence, when it inevitably erupts, is abrupt and all the more chilling for it. But *Happy End* is also diabolically funny – part grisly farce, part horror movie, all Haneke. Subtitled. 2017, 15, 107MIN

■ Full listings start on p55

Tuesday 5 July

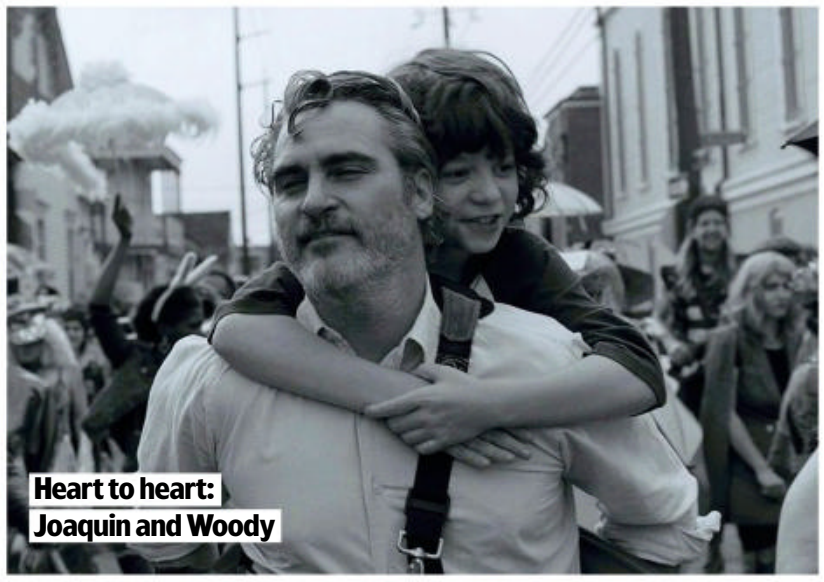
DRAMA

C'Mon C'Mon

On demand, Amazon Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

Featuring Joaquin Phoenix, a monochromatic palette and a twee intergenerational story, this drama may sound like an indie-movie parody, but director Mike Mills smartly avoids cliché. Phoenix's documentarian Johnny's ongoing film project centres on gifted youths, so it's perfect timing when his sister Viv (a terrific Gaby Hoffmann) asks him to look after her precocious and perceptive son Jesse (excellent newcomer Woody Norman). A film of enormous heart and intellect. 2021, 15, 109MIN


Heart to heart: Joaquin and Woody

CLASSIC THRILLER

Charade

11.50am, Talking Pictures ★★★★★

Sex ●●● Violence ●●● Language ●●●

A dazzlingly stylish, funny and suspenseful caper boasting mesmerising chemistry between stars Cary Grant and Audrey Hepburn. She's a widow being chased in Paris by sinister crooks and he's a mysterious stranger she doesn't know if she can trust. Exciting with its mix of wit and fast-paced action, it really is gripping, while Walter Matthau, George Kennedy and James Coburn add impact. 1963, PG, 114MIN

COMEDY DRAMA

Stage Mother

9pm, Film4 ★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Genial but cheesy, this comedy follows a woman revitalising her dead son's San Francisco drag bar. A soft-voiced Jacki Weaver delights as Maybelline, equal parts grief and grit. But her fairy godmother solutions for her problem-plagued queens make the story stickily sentimental and creakily predictable. Clearly aiming for raucous fun, the film's trite themes and tepid musical numbers fail to satisfy. 2020, 15, 93MIN

THRILLER

The Sum of All Fears

5.50pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Ben Affleck follows in the footsteps of Alec Baldwin and Harrison Ford as author Tom Clancy's maverick CIA analyst Jack Ryan. This adaptation ramps up the edge-of-seat thrills in its depiction of how fraught decision-making can be in Washington DC as Ryan tries to avert a war by proving a nuclear bomb was sneaked onto US soil by neo-Nazis (led by Alan Bates) and not the new Russian premier (Ciarán Hinds). 2002, 12, 119MIN

FAMILY DRAMA

Lassie

10.55pm & 4.10am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Peter O'Toole gives a delightfully crusty performance as a 1930s landowner who buys collie Lassie from a miner's son and takes her to Scotland for his granddaughter. Cue Lassie's epic quest to return to the young lad who loves her. A great family film, much of the enjoyment is due to a great cast that includes Peter Dinklage, Samantha Morton and Jemma Redgrave. 2005, PG, 100MIN

■ Full listings start on p65

Wednesday

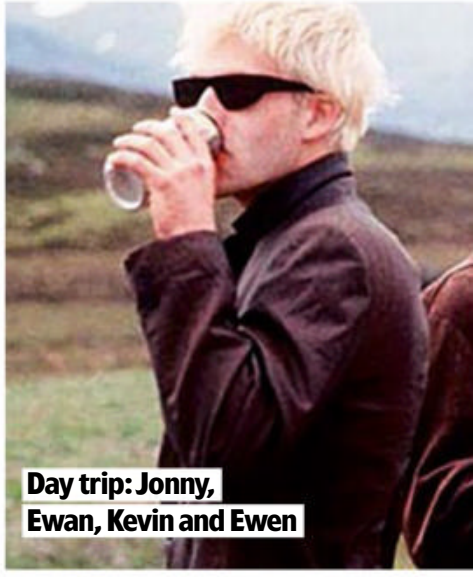
COMEDY DRAMA

Trainspotting

11.25pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A young Scottish drug addict (Ewan McGregor) and his loser friends run head first into one crisis after another. The foul language and graphically grim subject matter may offend some viewers, but this 1990s British classic is


Day trip: Jonny, Ewan, Kevin and Ewen

ADVENTURE

Fall of a Kingdom

7.45am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Robert Patrick takes the lead as a 13th-century Ukrainian villager who, along with his two sons, rallies their people against an invading Mongol army while Tommy Flanagan makes his presence felt as a treacherous local lord. John Wynn and Akhtem Seitablaev's handsome actioner punches well above its budget, though the battle scenes feel oddly muted, never reaching the epic heights to which they aspire. 2019, 15, 104MIN

GENRE

Panic Room

9pm, GREAT! movies ★★★

Sex ●●● Violence ●●● Language ●●●

Newly divorced Jodie Foster and her diabetic daughter Kristen Stewart move into a New York mansion that comes complete with a special 'panic room' – a hi-tech, steel-lined hideaway that becomes more prison than haven when burglars Forest Whitaker, Jared Leto and Dwight Yoakam pay an unwelcome visit. It's far-fetched, but Foster is good and director David Fincher stokes up the edgy suspense to boiling point. 2002, 15, 112MIN

6 July

an amazing mix of cinematic style and social satire, dazzlingly handled by director Danny Boyle and ferociously well acted by McGregor. As his psychotic friend, Robert Carlyle's swaggering Begbie is a monstrous creation and Ewen Bremner, Jonny Lee Miller and Kevin McKidd also give scintillating turns. 1996, 18, 93MIN

THRILLER

Muscle

11.55pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Gerard Johnson delivers a striking take on toxic masculinity with this artful drama. Cavan Clerkin is Simon, a call-centre worker who escapes his dead-end life when he joins a gym and meets personal trainer Terry (Craig Fairbrass). But their friendship becomes increasingly warped, as Terry starts to occupy his house – and life. A twisted, testosterone-fuelled thriller with homoerotic undertones, this is ace. 2020, 15, 89MIN

BIOPIC

Serpico

12.50am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

As Frank Serpico, Al Pacino wants to be a good, honest cop but, as everyone on the force is on the take, his colleagues become his biggest enemies. This gritty true story makes excellent use of its New York locations and scruffy early-1970s fashions, while Pacino delivers a performance of quiet intensity, simmering with contained anger and indignation. 1973, 18, 130MIN

■ Full listings start on p75

Thursday 7 July

SCI-FI ACTION

Edge of Tomorrow

8pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

This terrific sci-fi stars Tom Cruise as a cowardly PR expert who becomes an unwilling soldier and ends up in a time loop, reliving the same day of combat against an extraterrestrial race again and again… As Cruise's clumsy wimp gradually hones his fighting skills, he teams up with Emily Blunt's badass veteran warrior in a bid to defeat the tentacle-waving enemy. The darkly comic early scenes are the best, but Cruise is a winner all the way, whether as a gung-ho hero or the butt of the joke. 2014, 12, 113MIN

Emily and Tom hone their skills

COMEDY

Drillbit Taylor

6.15pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Nate Hartley, Troy Gentile and David Dorfman play geeky, idiot teens who hire beach bum Drillbit (Owen Wilson) to protect them from school bully Alex Frost. This quick-fire movie (co-written by John Hughes and produced by Judd Apatow) is boosted by its witty script and, despite some crude humour, it is mostly charming. Wilson is on form and shares sparky chemistry with his co-stars. 2008, 12, 102MIN

DRAMA

The Wife

10.55pm, BBC4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1992, Jonathan Pryce's American literary lion is heading to Stockholm to receive a Nobel Prize, his loyal wife (Glenn Close) by his side. For more than 30 years their partnership has worked, but the trip brings all manner of secrets, resentments and rage to the surface. This deliciously slippery tale boasts a terrific, superbly nuanced performance from Close and an enjoyably ripe one from Pryce. 2017, 15, 100MIN

WESTERN

True Grit

12.50am, ITV4 ★★★

Sex ●●● Violence ●●● Language ●●●

Jeff Bridges steps into John Wayne's boots to play larger-than-life, whiskey-soaked, one-eyed marshal Rooster Cogburn in a splendid remake of the 1969 Western by Joel and Ethan Coen. The cantankerous lawman is hired by a precocious frontier girl (Hailee Steinfeld) to bring the man who murdered her father to justice and who, together with Matt Damon's Texas Ranger, insists on accompanying Cogburn on his quest. 2010, 15, 110MIN

SCI-FI HORROR

10 Cloverfield Lane

1.55am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

After a car crash, Mary Elizabeth Winstead awakes to find herself trapped in a bunker with John Goodman. He says he's rescued her from an apocalyptic calamity that's rendered the world uninhabitable – but are the real perils outside or inside..? A terrifically acted and superbly executed chiller that swings between white-knuckle scares and dark comedy. 2016, 12, 93MIN

■ Full listings start on p85

Friday 8 July

FANTASY

Birds of Prey

On demand, Amazon Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

This hyperactive, viciously entertaining fantasy picks up the story of psychiatrist-turned-crime queen Harley Quinn (Margot Robbie) after 2016's *Suicide Squad*. There are a lot of colourful characters to juggle and the film hurtles along at breakneck pace as a bunch of criminals look for payback now she's uncoupled from the Joker. Robbie is a zany delight and, as she tries to gather a new gang, she gets great support from Mary Elizabeth Winstead, Jurnee Smollett, Rosie Perez and Ella Jay Basco. From 8 July. 2020, 15, 109MIN

Looking for trouble: Margot

ANIMATION

The Lego Movie

11am, Sky Animation ★★★★★

Sex ●●● Violence ●●● Language ●●●

Utilising top-notch animation, this is a joyous, utterly irresistible comedy that slots together childhood innocence, adult irreverence and some brazen product placement. In a world made entirely from Lego bricks, Chris Pratt's Minifigure everyman hero takes on Liam Neeson's good cop/bad cop and Will Ferrell's tyrant. The film's snarky jokes are tempered with genuine sweetness. 2014, U, 100MIN

COMEDY

Daddy's Home

9pm, E4 ★★★

Sex ●●● Violence ●●● Language ●●●

Will Ferrell's mild-mannered stepfather finds himself competing with his wife's macho ex (Mark Wahlberg) for the affections of his family. Married to Linda Cardellini's divorcee and new father to her two children, Ferrell's Brad is constantly being undermined by his rival's mind games. The set-up has clear potential for dark comedy, but everyone here is so good-natured the film is more amiable than laugh riot. 2015, 12, 96MIN

HORROR

Gothika

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

Halle Berry's job as a prison hospital shrink starts with her sceptical interrogation of an inmate (Penélope Cruz). But soon she's on the other side of the glass, accused of murder. Deranged, distraught and in deadly danger, Berry tries to figure out what's going on while also having visions of a ghost. The plot is daft, but this chiller builds a real sense of fear. Robert Downey Jr and Bernard Hill play Berry's some-time colleagues. 2003, 15, 98MIN

ACTION

Fast & Furious Presents Hobbs & Shaw

10.45pm, ITV ★★★

Sex ●●● Violence ●●● Language ●●●

An entertaining spin-off vehicle for Dwayne Johnson's Hobbs and Jason Statham's Shaw. They reluctantly team up to stop cyber-enhanced baddie Idris Elba and, in an unfortunately prophetic plot strand, the deadly virus he plans to wield. Helen Mirren and Vanessa Kirby add extra fizz to the antics. 2019, 12, 131 MIN

■ Full listings start on p95

Sport week

Your ultimate gui[illegible] best of the week's live action

Rachel Furness of Northern Ireland

THE MAIN EVENT

England stars Millie Bright, Ellen White, Rachel Daly and Fran Kirby

Women's Euro 2022

England and Northern Ireland kick off the 16-nation tournament

The Netherlands won the trophy in 2017

Spanish defender Ona Batlle

Ada Hegerberg of Norway

LIVE FOOTBALL

From Wed, BBC1, BBC2, BBC iPlayer & BBC Sport online

Last summer, England's men won the nation's hearts as they narrowly missed out on Euro 2020 glory. Now, it's the turn of the Lionesses as the Women's Euro 2022 kicks off on Wednesday, with hosts England opening their campaign against Austria at Old Trafford.

The tournament is being held across 10 stadiums, with England and Northern Ireland – who are taking part in their first major competition – hoping to reach the final at Wembley on Sunday 31 July.

The event is expected to be the biggest tournament in the history of the women's game, with the BBC showing all 31 games live across BBC1, BBC2, BBC iPlayer and the BBC Sport website, with every England and Northern Ireland game shown live on BBC1.

We asked BBC presenter Alex Scott and pundit Gail Redmond, both former internationals, for their predictions…

ENGLAND EXPECTS

'England have some great players and I believe we can win the whole thing,' says Scott, who played for England in four Euros. 'Captain Leah Williamson is a great leader who brings the best out of those around her, Lauren Hemp is a clever forward who's been in fantastic form, and Ellen White is my tip to win the golden boot. She always seems to be at her best during these big tournaments.'

GREEN REVOLUTION

Meanwhile, former Northern Ireland captain Redmond believes her country's first-ever major tournament finals could be a watershed moment.

'We're talking about changing the culture of women's sport and hopefully this summer will be a big step on that road,' she says. 'We're up against the best teams in Europe, but in Rachel Furness we have a proven goalscorer who leads the team brilliantly.'

TEAMS TO WATCH

'A lot of eyes will be on Spain,' says Scott. 'They have some wonderful players in their ranks, but can they step up on the international stage? France are also well-fancied and I always dreaded playing them. They've always had a lot of talented

WORDS: SEAN MARLAND, RICHARD MCCLURE. PHOTOS: GETTY

THE GROUPS

The top two nations in each group advance to the quarter-finals...

GROUP A	GROUP B
England	Germany
Austria	Denmark
Norway	Spain
Northern Ireland	Finland
GROUP C	**GROUP D**
Netherlands	France
Sweden	Italy
Switzerland	Belgium
Portugal	Iceland

THIS WEEK'S FIXTURES

WEDNESDAY
Group A England v Austria
Old Trafford, kick-off 8pm, BBC1

THURSDAY
Group A Norway v N Ireland
St Mary's Stadium, kick-off 8pm, BBC1

FRIDAY
Group B Spain v Finland
Stadium MK, kick-off 5pm, BBC2
Group B Germany v Denmark
Brentford Community Stadium, kick-off 8pm, BBC1

individuals, but bringing them together and creating a good team will be their biggest challenge.'

STAR PLAYERS

'Netherlands forward Vivianne Miedema could well be the player of the tournament,' predicts Scott. 'English fans will know all about her as she plays in the Women's Super League for Arsenal, and she will be crucial if the Dutch are to defend the title they won back in 2017. I also think Norway could surprise a few people, especially as their star striker Ada Hegerberg is back after injury.'

England winger Jonny May

George North of Wales

Summer internationals

The **home nations** seek success in the southern hemisphere

LIVE RUGBY UNION

Saturday, Sky Sports Action & Sky Sports Main Event

There's a feast of rugby this July as the home nations travel to the southern hemisphere for summer tours, with the teams playing three Tests on consecutive Saturdays. Here's our guide to the action…

NEW ZEALAND v IRELAND

Johnny Sexton is captain as Andy Farrell's side embark on Ireland's first tour since the 2018 series win over Australia. Ireland have never won on Kiwi soil, and have not visited New Zealand since 2012, with the current squad including five players – Sexton, Cian Healy, Peter O'Mahony, Conor Murray, and Keith Earls – who played on the tour 10 years ago. Sam Cane is All Blacks captain for the series, which begins in Auckland (kick-off 8.05am, Sky Sports Action & Sky Sports Main Event), before moving to Dunedin and Wellington.

AUSTRALIA v ENGLAND

England have won all eight of their Tests against Australia since Eddie Jones became coach after the 2015 World Cup, beginning with a 3-0 series whitewash six years ago. Jones is without Manu Tuilagi, Henry Slade and Sam Simmonds, although Jonny May returns to the squad after a long-term knee injury, and rising teenage star Henry Arundell could feature. Michael Hooper will captain the Wallabies as the sides meet in Perth (kick-off 10.55am, Sky Sports Action & Sky Sports Main Event), followed by games in Brisbane and Sydney.

SOUTH AFRICA v WALES

The nations have faced each other 37 times, with the first encounter taking place in Swansea in 1906, and the most recent in last year's Autumn Internationals, when the Springboks won 23-18 in Cardiff. Wayne Pivac's squad sees the return of George North and Dan Lydiate after injury. The action begins in Pretoria (kick-off 4.05pm, Sky Sports Action & Sky Sports Main Event), before the sides meet again in Bloemfontein and Cape Town.

ARGENTINA v SCOTLAND

Scotland last played in Argentina in 2018 when George Horne scored a brace of tries in a 44-15 win. The Glasgow Warriors star is among Gregor Townsend's current squad, while Hamish Watson is in line to win his 50th cap in the first Test against the Pumas (kick-off 8.10pm, Sky Sports Action & Sky Sports Main Event) in San Salvador de Jujuy, which is followed by games in Salta and Santiago del Estero.

New Zealand's Sam Cane leads the haka

More Sport & Sport A-Z »»

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F1: British Grand Prix

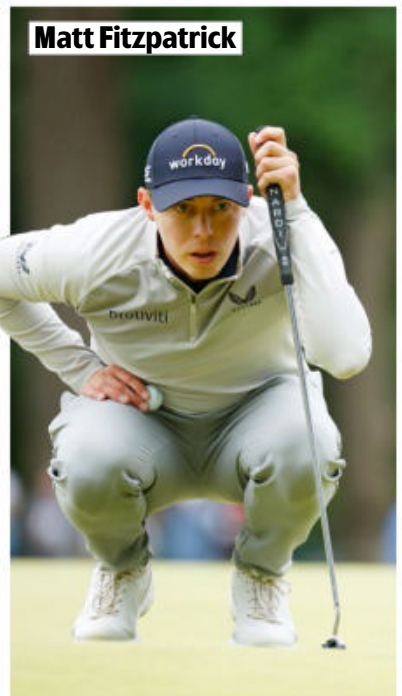
Can **Sir Lewis Hamilton** get his season back on track?

LIVE MOTORSPORT

Sunday, race starts 3pm, C4, Sky Sports F1, Sky Sports Main Event & Sky Showcase

As Sir Lewis Hamilton and George Russell head to their home Grand Prix, the Mercedes drivers can take heart from their third- and fourth-place finishes in the Canadian GP on 19 June. The Silverstone track should suit Mercedes better as Hamilton seeks a ninth victory on the circuit, and a fourth in a row after his tussle with Red Bull's Max Verstappen last year. Victory in Montreal extended Verstappen's lead in this year's championship to 46 points.

Max Verstappen (inset) and Sir Lewis Hamilton



Matt Fitzpatrick

LIVE GOLF

Scottish Open

From Thursday, Sky Sports Golf & Sky Sports Main Event

Great Britain's new US Open champion Matt Fitzpatrick is among a glittering array of golfing superstars teeing off at the Renaissance Club in North Berwick. In its strongest-ever field, the tournament includes all four current Major winners with Masters champion Scottie Scheffler, PGA Championship holder Justin Thomas, and Open champion Collin Morikawa also taking part on the East Lothian coast.

LIVE TENNIS

Wimbledon

From Saturday, BBC1, BBC2, BBC Red Button & BBC iPlayer

Seven-time winner Serena Williams will hope to feature in the second week, which sees scheduled play on the middle Sunday for the first time, plus celebrations to mark the 100th anniversary of Centre Court opening. In another first, the mixed-doubles final will take place on Thursday, following the women's singles semi-finals.

The legendary Serena Williams

LIVE CRICKET

England v India: First T20

Thu, play starts 6pm, Sky Sports Cricket & Sky Sports Main Event

After belatedly concluding their Test series, the sides meet for the first of three T20s, a day-night game at Southampton's Rose Bowl. England's Phil Salt, Liam Livingstone and Jos Butler were all in sensational white-ball form in the ODI series win against the Netherlands in June.

Liam Livingstone

AMERICAN FOOTBALL

LIVE Saskatchewan Roughriders v Montreal Alouettes
Sat 12.30am BT Sport/ESPN

LIVE Toronto Argonauts v Winnipeg Blue Bombers
Mon 12.30am BT Sport 2

LIVE Edmonton Elks v Calgary Stampeders
Thu 2am BT Sport 2

LIVE Saskatchewan Roughriders v Ottawa Redblacks
Fri 2.30am BT Sport/ESPN

AUSTRALIAN RULES

LIVE Gold Coast Suns v Collingwood Magpies
Sat 10am BT Sport 2

LIVE Fremantle Dockers v Port Adelaide Power
Sun 8am BT Sport 1

LIVE Geelong Cats v Melbourne Demons
Thu 10am BT Sport 1

LIVE Sydney Swans v Western Bulldogs
Fri 10.30am BT Sport 1

BADMINTON

LIVE Malaysia Open
Sat & Sun 6am BT Sport 3
Coverage of the semi-finals and final.

LIVE Malaysia Masters
Fri 8am BT Sport 3
Coverage of the quarter-finals.

BASEBALL

LIVE San Francisco Giants v Chicago White Sox
Sat 9pm BT Sport/ESPN

LIVE Los Angeles Dodgers v San Diego Padres
Sat 12m't BT Sport 3

LIVE Houston Astros v Los Angeles Angels
Sun 7pm BT Sport/ESPN

LIVE Philadelphia Phillies v St Louis Cardinals
Sun 12m't BT Sport/ESPN

LIVE Washington Nationals v Miami Marlins
Mon 4pm BT Sport 1

LIVE Milwaukee Brewers v Chicago Cubs
Mon 9pm BT Sport/ESPN

LIVE Chicago White Sox v Minnesota Twins
Mon 1am BT Sport/ESPN

LIVE San Diego Padres v Seattle Mariners
Tue 9pm BT Sport 2

LIVE Atlanta Braves v St Louis Cardinals
Tue 12m't BT Sport/ESPN

LIVE Chicago White Sox v Minnesota Twins
Wed 7pm BT Sport 2

LIVE Atlanta Braves v St Louis Cardinals
Wed 12m't BT Sport 1

LIVE Houston Astros v Kansas City Royals
Thu 7pm BT Sport/ESPN

LIVE Boston Red Sox v New York Yankees
Thu 12m't BT Sport 1

LIVE Boston Red Sox v New York Yankees
Fri 12m't BT Sport 2

BASKETBALL

LIVE Connecticut Sun v Washington Mystics
Sun 6pm Sky Sports Arena & Sky Sports Mix

LIVE Atlanta Dream v Seattle Storm
Sun 8.30pm Sky Sports Arena & Sky Sports Mix

LIVE Minnesota Lynx v Chicago Sky
Wed 6pm Sky Sports Arena & Sky Sports Mix

COMBAT SPORTS

LIVE UFC 276 Prelims
Sat 1am BT Sport 1

LIVE Israel Adesanya v Jared Cannonier
Sat 3am BT Sport 1

CRICKET

LIVE England v India
Sat 9.45am Sky Sports Cricket; Sun 9.45am & 5pm Sky Sports Main Event; 9.45am Sky Sports Cricket; Mon & Tue 9.45am Sky Sports Main Event & Sky Sports Cricket
Days two to five of the fifth and final Test in the series at Edgbaston.

LIVE West Indies v Bangladesh
Sat 6.15pm BT Sport 3
Coverage of the first T20 in the three-match series from Dominica.

LIVE Essex Eagles v Glamorgan
Sat 6.25pm Sky Sports Cricket
The South Group match from The Cloud County Ground, Chelmsford.

LIVE West Indies v Bangladesh
Sun 6.15pm BT Sport 2
The second T20 in the three-match series from Dominica.

LIVE T20 Blast
Sun 6.25pm Sky Sports Main Event & Sky Sports Cricket

LIVE T20 Blast
Wed 6.15pm Sky Sports Main Event & Sky Sports Cricket
A quarter-final.

LIVE England v India
Thu 5.30pm Sky Sports Main Event & Sky Sports Cricket
The opening match of the three-game T20 series at the Ageas Bowl.

LIVE West Indies v Bangladesh
Thu 6.15pm BT Sport 1
The third T20 in the series.

LIVE T20 Blast
Fri 6.15pm Sky Sports Main Event & Sky Sports Cricket
The second quarter-final.

LIVE T20 Blast
Fri 6.25pm Sky Sports Mix
The third quarter-final.

CYCLING

LIVE Tour de France
Sat 11am Euro1, 12noon ITV4 & 2pm S4C; Sun 11.45am Euro1, 1pm ITV4 & 2pm S4C; Tue 12noon Euro1, 2pm S4C & ITV4; Wed 12.15pm Euro1, 12.30pm ITV4 & 2pm S4C; Thu 10.45am Euro1, 2pm S4C & ITV4; Fri 11.45am Euro1 & 2pm S4C & ITV4; Sat-Fri, Discovery+
Stages two to seven.

LIVE Giro d'Italia – Women
Mon 1pm Euro1
The fourth stage.

Sport A-Z >>>

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

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'Little White'

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Sport week A-Z GUIDE

DARTS

LIVE World Seniors Darts Matchplay
Sat 1pm BT Sport 1 & 7pm BT Sport 2; Sun 1pm & 7pm BT Sport 1
The final two days of the event from the Bonus Arena in Hull.

EQUESTRIAN

LIVE Show Jumping
Sat 7.30pm Euro2
The Global Champions Tour event from Monte-Carlo, Monaco.

FOOTBALL

LIVE Toronto FC v Seattle Sounders
Sat 12.35am FreeSports

LIVE Vancouver Whitecaps v Los Angeles FC
Sat 3.05am FreeSports

LIVE New York City FC v Atlanta United FC
Sun 10pm Sky Sports Football

LIVE Sporting Kansas City v New York Red Bulls
Sun 12.05am Premier Sports 2

LIVE Columbus Crew v Philadelphia Union
Sun 12.30am Sky Sports Main Event, Sky Sports Football & Sky Sports Mix

LIVE New England Revolution v FC Cincinnati
Sun 12.35am FreeSports

LIVE San Jose Earthquakes v Chicago Fire
Sun 1.05am Premier Sports 1

LIVE Orlando City SC v DC United
Mon 12.05am FreeSports

LIVE Colorado Rapids v Austin FC
Mon 2.05am Premier Sports 1

LIVE FC Dallas v Inter Miami
Mon 2.05am FreeSports

LIVE LA Galaxy v Montreal Impact
Mon 3.35am Premier Sports 2

LIVE England v Austria
Wed 7pm BBC1 (kick-off 8pm)
The opening match of the Women's Euro 2022, as the Group A sides meet at Old Trafford. See p28.

LIVE Norway v Northern Ireland
Thu 7.30pm BBC1 (kick-off 8pm)
The Women's Euro 2022 Group A encounter at St Mary's Stadium.

LIVE Spain v Finland
Fri 4.45pm BBC2 (kick-off 5pm)
Women's Euro 2022 Group B action.

LIVE Germany v Denmark
Fri 7.45pm BBC1 (kick-off 8pm)
Women's Euro 2022 Group B action.

LIVE Philadelphia Union v DC United
Fri 12.40am FreeSports

LIVE York United v Forge FC
Fri 12.45am BT Sport 3

LIVE Los Angeles FC v LA Galaxy
Fri 3.05am FreeSports

LIVE Vancouver Whitecaps v Minnesota United FC
Fri 3.30am Premier Sports 1

GAELIC GAMES

LIVE GAA
Sat 5pm & Sun 3pm Sky Sports Arena

GOLF

LIVE German Masters
Sat & Sun 11.30am Sky Sports Golf; Sun 12noon Sky Sports Mix
Coverage of days three and four.

LIVE Irish Open
Sat & Sun 1pm Sky Sports Golf
Coverage of days three and four.

LIVE The John Deere Classic
Sat & Sun 5.30pm Sky Sports Golf; Sun 10pm Sky Sports Main Event
Coverage of days three and four.

LIVE JP McManus Pro Am
Mon & Tue 2pm Sky Sports Golf
Coverage of days one and two.

LIVE Scottish Open
Thu & Fri 8am & 12.30pm Sky Sports Main Event & Sky Sports Golf
Days one and two at the Renaissance Club in North Berwick. See p31.

LIVE Barbasol Championship
Thu & Fri 9pm Sky Sports Golf & 10pm Sky Sports Main Event
Coverage of days one and two.

HOCKEY

LIVE New Zealand v China
Sat 1pm BT Sport 2
The women's World Cup match.

LIVE Germany v Chile
Sat 3.30pm BT Sport 2
The women's World Cup match.

LIVE Argentina v South Korea
Sat 5pm BT Sport 1
The women's World Cup match.

LIVE Netherlands v Ireland
Sat 6.30pm BT Sport/ESPN
The women's World Cup match.

LIVE Belgium v South Africa
Sun 2pm BT Sport 3
The women's World Cup match.

LIVE England v India
Sun 3.30pm BT Sport 2
The women's World Cup match.

LIVE South Korea v Canada
Sun 5pm BT Sport 1
The women's World Cup match.

LIVE Germany v Netherlands
Sun 6.30pm BT Sport 3
The women's World Cup match.

LIVE Spain v Argentina
Sun 8.30pm BT Sport 3
The women's World Cup match.

LIVE Ireland v Chile
Tue 1pm BT Sport 1
The women's World Cup match.

LIVE India v China
Tue 3.30pm BT Sport 1
The women's World Cup match.

LIVE Japan v South Africa
Tue 5pm BT Sport 2
The women's World Cup match.

LIVE New Zealand v England
Tue 6.30pm BT Sport 1
The women's World Cup match.

LIVE Belgium v Australia
Tue 8.30pm BT Sport 1
The women's World Cup match.

LIVE Ireland v Germany
Wed 3.30pm BT Sport 1
The women's World Cup match.

LIVE Japan v Belgium
Wed 5pm BT Sport 2
The women's World Cup match.

LIVE Netherlands v Chile
Wed 6.30pm BT Sport 1
The women's World Cup match.

LIVE Australia v South Africa
Wed 8.30pm BT Sport 1
The women's World Cup match.

LIVE England v China
Thu 3.30pm BT Sport 1
The women's World Cup match.

LIVE Argentina v Canada
Thu 5pm BT Sport 3
The women's World Cup match.

LIVE India v New Zealand
Thu 6.30pm BT Sport 2
The women's World Cup match.

LIVE South Korea v Spain
Thu 8.30pm BT Sport 2
The women's World Cup match.

HORSE RACING

LIVE ITV Racing
Sat 1.25pm ITV
Coverage from Sandown Park and Haydock Park.

LIVE ITV Racing
Thu 1.30pm ITV
From Newmarket and Carlisle.

LIVE ITV Racing
Fri 1.30pm ITV
From Newmarket and York.

MOTORCYCLING

LIVE Smederna v Lejonen
Tue 6pm Premier Sports 1

LIVE Fjelsted v Holsted
Wed 5.30pm Premier Sports 1

LIVE Piraterna v Lejonen
Thu 6pm Premier Sports 1

MOTORSPORT

LIVE Formula E
Sat 9.30am Euro2
The Marrakesh ePrix.

LIVE DTM
Sat 9.30am & 12.15pm BT Sport/ESPN
Race one from the Norisring.

LIVE Formula 3
Sat 9.50am Sky Sports F1
The British Grand Prix sprint race.

LIVE Formula 1
Sat 11.45am C4, Sky Sports F1 & Sky Showcase
The British Grand Prix third practice session from Silverstone.

LIVE W Series
Sat 1.10pm C4, Sky Sports Main Event, Sky Sports F1, Sky Sports Mix & Sky Showcase
Round four from Silverstone.

LIVE DTM Trophy
Sat 2pm BT Sport/ESPN
Race one from the Norisring.

LIVE Formula 1
Sat 2.10pm C4, Sky Sports Main Event, Sky Sports F1 & Sky Showcase
The British Grand Prix qualifying session. Start-time is at 3.00.

LIVE Indycar
Sat 3.30pm Sky Sports Mix

LIVE Formula E
Sat 4.30pm C4 & Euro2
Coverage of round 10 from Morocco.

LIVE Formula 2
Sat 4.55pm Sky Sports F1
The British Grand Prix sprint race.

LIVE Indycar
Sat 7.30pm Sky Sports F1
Coverage of the Honda Indy 200 at Mid-Ohio qualifying session.

LIVE Formula 3
Sun 8.30am Sky Sports F1
The British Grand Prix feature race.

LIVE DTM
Sun 9am BT Sport 2 & 12.15pm BT Sport 2
Race two from the Norisring.

LIVE FIM JuniorGP Championship
Sun 9.45am BT Sport/ESPN
Round four from Jerez in Spain.

LIVE Formula 2
Sun 10am Sky Sports F1
The British Grand Prix feature race.

LIVE Porsche Supercup
Sun 11.50am Euro2 & 12.05pm Sky Sports F1
Coverage of the British Grand Prix.

LIVE World Touring Car Cup
Sun 1pm & 5pm Euro2
Round five from Real, Portugal.

LIVE DTM Trophy
Sun 2pm BT Sport 2
Race two from the Norisring.

LIVE Formula 1
Sun 1.30pm Sky Sports Main Event, Sky Sports F1 & Sky Showcase; 2.30pm C4
The British Grand Prix, at Silverstone. Start-time is at 3.00. See p31.

LIVE World Rallycross
Sun 4pm BT Sport 3
Round two from Holjes, Sweden.

LIVE Indycar
Sun 5.30pm Sky Sports Action & 6.30pm Sky Sports F1
The Honda Indy 200 at Mid-Ohio.

LIVE NASCAR
Sun 7.30pm Premier Sports 1
Coverage of the Kwik Trip 250.

LIVE GT World Challenge Europe
Sun 9pm Sky Sports F1
Round six from Misano, Italy.

LIVE Formula 3
Fri 8.55am Sky Sports F1
Austrian Grand Prix practice session.

LIVE Formula 2
Fri 10.05am Sky Sports F1
Austrian Grand Prix practice session.

LIVE Formula 1
Fri 12noon Sky Sports F1
Coverage of the Austrian Grand Prix opening practice session.

LIVE V10 R-League
Fri 1pm, 3.30pm, 6pm & 8.30pm BT Sport 2

LIVE Formula 3
Fri 1.50pm Sky Sports F1
Coverage of the qualifying session for the Austrian Grand Prix.

LIVE Formula 2
Fri 2.45pm Sky Sports F1
Coverage of the qualifying session for the Austrian Grand Prix.

LIVE Formula 1
Fri 3.25pm Sky Sports Main Event & Sky Sports F1
The Austrian Grand Prix qualifying session. Start-time is at 4.00.

LIVE V8 Supercars Championship
Fri 5.30am BT Sport 2

NETBALL

LIVE Suncorp Netball
Sun 9.30am Sky Sports Arena & Sky Sports Mix
Coverage of this year's Grand Final.

RUGBY LEAGUE

LIVE North Queensland Cowboys v Brisbane Broncos
Sat 8.30am Sky Sports Arena

LIVE Catalans Dragons v St Helens
Sat 4.55pm Sky Sports Mix (kick-off 5pm)
The Super League match from Stade Gilbert Brutus.

LIVE New Zealand Warriors v Wests Tigers
Sat 5am Sky Sports Main Event & Sky Sports Arena

LIVE Cronulla-Sutherland Sharks v Melbourne Storm
Thu 10.50am Sky Sports Arena

LIVE Newcastle Thunder v Bradford Bulls
Fri 7.15pm Premier Sports 1
The Championship match.

RUGBY UNION

LIVE Japan v France
Sat 6.50am Premier Sports 1

LIVE New Zealand v Ireland
Sat 7.30am Sky Sports Main Event & Sky Sports Action (kick-off 8.05am)
The first of three Tests, which comes from Eden Park. See p29.

LIVE Australia v England
Sat 10.15am Sky Sports Main Event & Sky Sports Action (kick-off 10.55am)
The first of three Tests, held at Optus Stadium in Perth. See p29.

LIVE South Africa v Wales
Sat 3.30pm Sky Sports Action & 4pm Sky Sports Main Event (kick-off 4.05pm)
The first of three Tests, which comes from Loftus Versfeld. See p29.

LIVE Argentina v Scotland
Sat 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8.10pm)
The first of three Tests, held at Estadio 23 de Agosto. See p29.

TENNIS

LIVE Wimbledon
Sat 11am BBC2 & BBC Red Button; 12.20pm & 5.15pm BBC1
Third-round coverage on day six.

LIVE Wimbledon
Sun 11am BBC2 & BBC Red Button; 12.20pm & 5.20pm BBC1
Fourth-round action on day seven.

LIVE Wimbledon
Mon 11am BBC2 & BBC Red Button; 1.45pm & 7pm BBC1
Fourth-round coverage on day eight.

LIVE Wimbledon
Tue 11am BBC Red Button; 12.30pm BBC2; 1.45pm BBC1
Quarter-final coverage on day nine.

LIVE Wimbledon
Wed 11am BBC Red Button; 12.15pm & 1.45pm BBC1; 1pm BBC2
Quarter-final coverage on day 10.

LIVE Wimbledon
Thu 11am BBC Red Button; 12.30pm BBC2; 1.45pm BBC1
The ladies' singles semi-finals and the mixed doubles final on day 11. See p31.

LIVE Wimbledon
Fri 11am BBC Red Button; 12.30pm & 7pm BBC2; 1.45pm BBC1
The men's singles and ladies' doubles semi-finals on day 12. See p31.

WRESTLING

LIVE WWE Money in the Bank
Sat 1am BT Sport Box Office

LIVE WWE Raw
Mon 1am BT Sport 1

LIVE WWE NXT
Tue 1am BT Sport 1

LIVE WWE SmackDown
Fri 1am BT Sport 1

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Saturday

2 July

Evening Planner

Drama

Sundown
Sky Cinema Premiere, 10am & 10.35pm
Tim Roth stars as a man who decides to deal with a tragedy by shutting himself off from all he knows, in this dark drama

Documentary

Freedom: 50 Years of Pride
C4, 8pm
As we mark 50 years of Pride in the UK, this documentary looks at the story of the movement, its struggles and its triumphs

Factual

My Life as a Rolling Stone
BBC2, 9.30pm
The surviving Stones look back at their 60 years in the music biz – starting with their inimitable frontman, Sir Mick Jagger

Documentary

Alex Scott: The Future of Women's Football
BBC1, 10.20pm
A look at what the future holds for the fastest growing female sport in the world

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 5.15 Wimbledon – Live: Further coverage of the sixth day			8.30 Pointless Celebrities	9.20 Casualty		10.00 News	10.20 Alex Scott...
102 BBC2	7.00 Film: Dad's Army			8.30 Today at Wimbledon		9.30 Mick Jagger: My Life as a Rolling Stone		10.30 The Rolling...
103 ITV	7.00 Alan Carr's Epic Gameshow		8.00 Film: For Your Eyes Only					10.30 News
104 CHANNEL 4	7.00 Lost Treasures of Rome		8.00 Freedom: 50 Years of Pride			9.30 Film: Rocketman		
105 CHANNEL 5	◂ 6.30 Madame...	7.30 Hampton Court Palace...		8.30 Morecambe & Wise: 30 Funniest Moments				10.30 Britain's...
106 SKY SHOWCASE		7.15 F1: British Grand Prix Qualifying			9.00 Film: Bad Boys II			
ENTERTAINMENT								
117 BBC3	7.00 EastEnders		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Film: Sliding Doors			10.35 Hungry...
116 BBC4	7.00 Cricket: Today at the Test		8.00 Michael Palin: Travels of a Lifetime		9.00 Inspector Montalbano			
118 ITV2		7.05 Film: Legally Blonde			9.00 Love Island: Unseen Bits		10.05 Family Guy	
136 MORE4	7.00 River Cottage Reunited		8.00 A Lake District Farm Shop		9.00 24 Hours in A&E			
135 E4	◂ 6.50 Film: Night at the Museum 2				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Blue Bloods				9.00 Grey's Anatomy		10.00 Madam Secretary	
108 SKY ATLANTIC	◂ 6.45 True Detective				9.00 Game of Thrones			
110 GOLD	◂ 6.50 Only Fools and Horses					9.20 The Vicar of Dibley	10.00 All Round to Mrs Brown's	
111 DAVE	◂ 6.40 Would I Lie to You?		8.00 Not Going Out				10.00 Hypothetical	
119 ITV3	7.00 Midsomer Murders							
120 ITV4	7.00 Tour de France Highlights		8.00 Film: Apollo 13					
112 COMEDY CENTRAL		7.15 Film: Happy Gilmore			9.00 Film: Liar Liar			
152 SYFY	7.00 Film: Asteroid-a-geddon				9.00 Penny Dreadful: City of Angels		10.05 Film: Backtrace	
113 SKY MAX	7.00 NCIS: Los Angeles		8.00 Strike Back: Silent War		9.00 The Lazarus Project		10.00 Banshee	
132 ALIBI	◂ 6.00 Inspector George Gently		8.00 Death in Paradise				10.00 Miss Scarlet and the Duke	
130 SKY ARTS	7.00 Dolly Parton: Song by Song			8.30 The Who: Tommy Live at the Royal Albert Hall			10.00 Joe Cocker: Mad Dogs & Englishmen	
DOCUMENTARY								
125 DISCOVERY	7.00 Lone Star Law		8.00 Gold Rush: Dave Turin's Lost Mine		9.00 Gold Rush: Parker's Trail		10.00 Expedition X	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters with Steve...		9.00 Rugged Justice		10.00 The Last Alaskans	
129 NAT GEO	7.00 Secrets of Area 51		8.00 Secret History of UFOs				10.00 UFOs: The Untold Stories	
123 SKY HISTORY	7.00 WWII Turning Points				9.00 Mauthausen: Camp of No Return			10.15 Numbered
155 YESTERDAY	7.00 Secrets of the London Underground				9.00 Bangers and Cash		10.00 One Foot in the Grave	
121 SKY DOCS	7.00 Film: Senna				9.00 Who Killed the KLF?			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.30 The Survivor		8.00 King Richard					10.35 Sundown
303 HITS	◂ 5.25 Tenet		8.00 Venom: Let There Be Carnage			9.55 Old Henry		
304 GREATS	◂ 5.55 The Last of the Mohicans		8.00 Collateral				10.00 Manhunter	
305 ANIMATION	◂ 6.45 Mr Peabody & Sherman			8.25 Tarzan			10.05 The Ogglies	
306 FAMILY	◂ 6.45 Hop			8.25 The Prince & Me			10.20 Garfield	
307 ACTION	◂ 5.50 Warcraft		8.00 The Matrix: Resurrections					10.35 Mortal...
308 COMEDY	◂ 5.50 Trainwreck		8.00 The Golden Child			9.50 Bewitched		
309 THRILLER	◂ 6.00 Limitless		8.00 The Manchurian Candidate				10.10 Those Who Wish Me Dead	
310 DRAMA	◂ 6.15 Finding Neverland		8.00 Hardball				10.00 Dirty Pretty Things	
311 SCI-FI	◂ 6.20 Sorority Row		8.05 Knowing				10.10 Candyman	
302 TRUE STORIES	◂ 5.35 Captain Phillips		8.00 The Impossible				10.00 The Danish Girl	
313 FILM4	7.00 Fantastic Four				9.00 Alien: Covenant			
315 TCM MOVIES	◂ 6.30 Operation Daybreak				9.00 Man of Steel			
SPORT								
401 MAIN EVENT	◂ 6.30 Rugby Union	7.30 International Rugby Union – Live: Argentina v Scotland (Kick-off 8.10)						10.30 Sky Sports News
402 PREMIER LEAGUE	◂ 6.00 Premier League						10.00 PL 100 Club	10.30 PL Icons
403 FOOTBALL	7.00 EFL Highlights						10.00 EFL Cup	
404 CRICKET	◂ 6.25 Vitality T20 Blast Cricket – Live: Essex Eagles v Glamorgan						10.00 Test Cricket	
413 BT SPORT 1	7.00 BT Sport Fight Night – Live							
414 BT SPORT 2	7.00 World Seniors Darts Matchplay – Live: Coverage of the evening session on day two of the tournament							

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition Olly Smith is joined by guests Paul Ainsworth, Olia Hercules and Ed Gamble. (S)
11.30 **Farm to Feast: Best Menu Wins** New edition 3/6. The five remaining contestants prepare Portavogie prawns and goat meat. (S)
12.00 NOON **BBC News** (S)
12.10 PM **Local News**
12.20 LIVE **Wimbledon** Sue Barker presents coverage of the sixth day from the All England Club, where third-round matches are scheduled to take place. (S)
5.00 **BBC News** (S)
5.15 LIVE **Wimbledon** Further coverage of the sixth day. (S)
■ *Today at Wimbledon* follows on BBC2

8.30 Pointless Celebrities

6 PM LIVE **Wimbledon** (started at 5.15pm)

7 PM

8 PM
8.30 **Pointless Celebrities** New edition Broadcasters Arielle Free, Toby Anstis, Sonny Jay, Josie D'Arby, Neev Spencer, Colin Murray, Elis James and John Robins take part. (S)

9 PM
9.20 **Casualty** Dylan is shocked to see David at work on the day of the funeral. Stars Jason Durr and William Beck. (S)(AD)

10 PM
10.00 **BBC News** (S)
10.20 NEW **Alex Scott: The Future of Women's Football** The former England star looks at the growth in popularity of the women's game and asks what its future holds. (S)
11.20 FILM **Legend** Biopic of the Kray brothers, exploring their rise to power in the London underworld from the point of view of Reggie's wife Frances. Stars Tom Hardy as both twins, with Emily Browning David Thewlis, Christopher Eccleston and Chazz Palminteri. (S)(AD) (2015, 18, 125min) ★★★
1.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Marrying Mum and Dad** (S)(R)
7.00 **Blue Peter** (S)(R)
7.30 **Deadly Dinosaurs with Steve Backshall** (S)(R)(AD)
8.00 **Cat Watch: The Horizon Experiment** Documentary. (S)(R)
9.00 **The Great British Sewing Bee** 10/10. The grand final. (S)(R)(AD)
10.00 **Summer: Earth's Seasonal Secrets** 1/4. A look at the challenges posed by the season to various animals. (S)(R)(AD)
11.00 LIVE **Wimbledon** Sue Barker and Isa Guha present coverage of day six from the All England Club, where third-round matches in the men's and ladies' singles draws are due to take place. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button

9.30 My Life as a Rolling Stone

6 PM
6.00 **Natural World: Meet the Bears** How bears have overcome the challenges of life, all thanks to brains, brawn and a remarkable ability to adapt. Hugh Bonneville narrates. (S)(R)

7 PM
7.00 FILM **Dad's Army** Film spin-off from the much-loved TV comedy series starring Arthur Lowe as the commander of an incompetent Home Guard platoon in wartime Britain. With John le Mesurier, Clive Dunn, John Laurie and Ian Lavender. (S)(AD) (1971, U, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8 PM
8.30 **Today at Wimbledon** Clare Balding and guests present highlights of the sixth day's play from the All England Club, featuring matches in the third round. (S)

9 PM
9.30 NEW SERIES **Mick Jagger: My Life as a Rolling Stone** 1/4. Documentary telling the story of the band through profiles of each member, beginning with frontman Mick Jagger. *See feature, page 8.* (S)

10 PM
10.30 NEW **The Rolling Stones: Live at the Fonda** A 2015 concert at the Fonda Theatre in Hollywood, California, in which the band played their *Sticky Fingers* album in full for the first time. (S)
11.55 **The Rolling Stones: Totally Stripped** Documentary about the making of the band's 1995 album *Stripped*, featuring interviews, live shows and rehearsal footage. (S)(R)
1.30 AM **Cricket: Today at the Test** England v India: Action from day two of the rearranged fifth and final Test, held at Edgbaston. (S)
2.30 **to 6.35** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **ITV News** (S)
8.30 **Garraway's Good Stuff** New edition With Katherine Kelly and Giovanna Fletcher. (S)
9.25 **James Martin's Saturday Morning** With Lorraine Kelly. (S)(R)
11.35 **Jeremy Pang's Asian Kitchen** New edition Joe Swash learns how to make prawn toast. (S)(AD)
12.40 PM **James Martin's French Adventure** In Bresse. (S)(R)(AD)
1.10 **ITV News** (S)
1.25 LIVE **Racing** From Sandown Park and Haydock Park. (S)
4.00 **Tipping Point: 10th Anniversary Special** The first edition. (S)(R)
5.00 **In for a Penny** Stephen Mulhern heads to Bristol. (S)(R)(AD)
5.25 **Moneyball** Game show hosted by Ian Wright. (S)(R)(AD)

11.35 Jeremy Pang's Asian Kitchen

6 PM
6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **Alan Carr's Epic Gameshow** New edition An updated version of *Strike It Lucky*, with three pairs trying to navigate their way across a sea of screens, trying to bank prizes and avoid the hotspots. (S)(AD)

8 PM
8.00 FILM **For Your Eyes Only** James Bond adventure starring Roger Moore. When an accidental explosion sinks a British spy ship off the Greek coast, 007 is sent to retrieve a top secret military device on board the vessel. His mission is complicated when he encounters rival Greek smugglers and the vengeful daughter of two murdered marine archaeologists. (S)(AD) (1981, PG, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

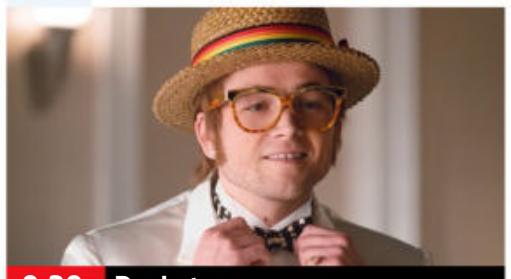
10 PM
10.30 **ITV News** (S)
10.50 FILM **Collateral** Michael Mann's thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (S)(AD) (2004, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Shop: Ideal World**
3.00 **Tour de France Highlights** (S)
3.50 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Parveen's Indian Kitchen** (S)(SL)(R)

+1 hour | 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.10 AM **Cheers** 17-19/27. (S9) (S)(R)
7.30 **The Big Bang Theory** 22-24/24. Triple bill. (S5) (S)(R)(AD)
8.50 **The Simpsons** Six episodes of the comedy series. (S)(R)(AD)
11.45 LIVE **F1: British Grand Prix** Coverage of the third practice session from Silverstone. (S)
1.10 PM LIVE **Motorsport: W Series** The fourth race of the season in the all-female racing series from Silverstone. Start-time is at 1.25. (S)
2.10 LIVE **F1: British Grand Prix** The qualifying session in the 10th round of the season at Silverstone. Start-time is at 3.00. (S)
4.30 LIVE **Formula E: Marrakesh ePrix** Coverage of the 10th round from Circuit International Automobile Moulay El Hassan in Morocco. Start-time is at 5.00. (S)(AD)



9.30 Rocketman

6 PM
6.30 **News** (S)

7 PM
7.00 **Lost Treasures of Rome** New edition 2/6. Off the coast of Sicily, investigators discover traces of a naval battle. Using divers, an underwater robot and a crane, they haul a battleship relic to the surface. (S)(AD)

8 PM
8.00 NEW **Freedom: 50 Years of Pride** Documentary exploring the incredible achievements and challenges of advancing LGBTQ+ rights and visibility over the last half century. With contributions from Olly Alexander, Holly Johnson, Peter Tatchell and Ian McKellen. (S)(AD)

9 PM
9.30 FILM **Rocketman** Biopic starring Taron Egerton. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. With Jamie Bell, Richard Madden and Bryce Dallas Howard. (S)(AD) (2019, 15, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM
11.50 **Elton John: The Red Piano** The singer's critically acclaimed Las Vegas concert. (S)(R)
1.55 AM NEW **Iris Prize Best British Short: Silver & Gold** Short film. (S)
2.10 **F1: British Grand Prix Qualifying** Highlights from Silverstone. (S)
3.05 **Couples Come Dine with Me** (R)
3.55 NEW **Iris Prize Best British Short: Inertia** Short film. (S)
4.15 **to 6.15** AM **Hollyoaks Omnibus** (R)

+1 hour | 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.25 AM **Milkshake!**
10.05 **SpongeBob SquarePants** (R)
10.25 **Entertainment News** (S)
10.30 **Friends** 14-18/25. Five episodes. (S6) (S)(R)(AD)
12.50 PM **Our Great Yorkshire Life** 3/6. Going behind the scenes at York Minster. (S)(R) **1.50** 4/6. Rob and Dave Nicholson head to Whitby for a day on the open sea. (S)(R)
2.50 FILM **Look Who's Talking Too** Comedy sequel starring Kirstie Alley and John Travolta. (S) (1990, 12, 95min) ★
4.25 FILM **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, and featuring the voices of Danny DeVito and Diane Keaton. (S) (1993, 12, 120min) ★

8.30 Morecambe & Wise

6.25 **News** (S)
6.30 **The Madame Blanc Mysteries** 4/6. Albert Gilbert is knocked unconscious by robbers when a valuable painting is stolen from his home. (S1) (S)(R)(AD)
7.30 **Hampton Court Palace: Behind Closed Doors** Series finale 3/3. The staff prepare the biggest Remembrance Day memorial the palace has ever seen. (S)
8.30 NEW **Morecambe & Wise: 30 Funniest Moments** A countdown of the comedy duo's most memorable sketches, along with recollections from Eric and Ernie's friends, co-stars and celebrity fans. Contributions from John Sergeant, Anita Harris, Gloria Hunniford, Rufus Jones, Vicki Michelle, Syd Little, Nina Wadia and Darren Harriott. (S)
10.30 **Britain's Favourite TV Comedies** 3/3. Jo Brand presents a celebration of great sketches from the 1990s. (S)(R)
12.25 AM **Criminals: Caught on Camera** A look at the use of CCTV to fight crime. (S)(R)
1.00 **LeoVegas Live Casino Show**
3.00 **Crimes That Shook Britain** The unsolved murder of newsreader Jill Dando. (S)(R)
3.45 **Britain's Greatest Bridges** The Forth Rail Bridge. (S)(SL)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **to 5.20** AM **House Doctor** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **Amazing Animal Friends** (R)
9.15 **The Simpsons** (S)(R)
10.45 **The F1 Show** (R)
11.45 LIVE **F1: British Grand Prix** Coverage of the third practice session from Silverstone.
1.10 PM LIVE **Motorsport: W Series** The third round of the season. Race starts at 1.25. (S)
2.10 LIVE **F1: British Grand Prix Qualifying** From Silverstone. Start-time is at 3.00.
4.35 **The Simpsons** (S)(R)
5.30 FILM **Minions** Animation with the voices of Sandra Bullock, Pierre Coffin and Jon Hamm. Three creatures become henchmen to an evil genius, and uncover a threat to their whole species. (S)(R)(AD) (2015, U, 91min) ★★★★

5.30 Minions

FILM **Minions** (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.15 **F1: British Grand Prix Qualifying** Highlights of the British Grand Prix qualifying session at Silverstone, where the battle for pole position ahead of the 10th round of the season took place.
9.00 FILM **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (S) (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **The Midwich Cuckoos** 5/7. As the children's grip on Midwich tightens, Zoe and Sam face a discovery. (S1) (R)(AD)
12.40 AM **The Force: North East** New homeowners discover a cannabis farm in their loft. (R)
1.35 **Road Wars** (S)(R)
2.05 **Hawaii Five-0** (S5) (S)(R)
3.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
No variations
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations
WALES
Sky **952**, Virgin **864**, Freesat **964**
11.30am-12.00noon Iolo's Anglesey (S)(R)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
No variations
WALES
Sky **971**, Freesat **971**
6.00pm Flog It! (S)(R)
6.30 FILM Dad's Army (S) (AD) (1971, U, 90min) ★★★★ **8.00-8.30pm** Kiri's TV Flashback (S)(R)

ITV

No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Prosiect Pum Mil **11.00** Bwyd Bach Shumana a Catrin **11.30** Garddio a Mwy **12.00noon** Ffermio **12.30pm** Wil ac Aeron: Taith Rwmania **1.00** Dau Gi Bach (AD) **1.30** Sain Ffagan **2.00** LIVE Seiclo: Le Tour de France **4.20** Dan Do **4.50** Cegin Bryn **5.20** Cegin Bryn **5.50** Triathlon Cymru 2022 **6.15** Am Dro! (AD) **7.15** Newyddion a Chwaraeon **7.30** NEW SERIES Tafwyl 2022 **9.00** Taith Yr Haf **10.00** Seiclo: Le Tour de France **10.30-11.35pm** Miwsig Fy Mywyd (AD)

BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Kat and Sharon prepare for the grand opening of Peggy's. **7.30** Ash tries to sell the car Suki gave her.
8.00 **Glow Up: Britain's Next Make-Up Star** 8/8. The Glow Up Final is staged.
9.00 FILM **Sliding Doors** Romantic comedy starring Gwyneth Paltrow as a woman whose life unfolds in two different ways – depending on whether or not she catches a tube train. (1997, 15, 95min) ★★★★
10.35 **Hungry for It** 4/8. The cooks level up vegetarian junk food and create a menu of meat alternatives.
11.35 **Glow Up: Britain's Next Make-Up Star** As 8pm.
12.35 AM **Ellie & Natasia**
1.05 **The Big Proud Party Agency** Documentary.
2.05 **We Are England**
2.35 **Eddie Hall: The Beast v the Mountain**
3.35 **to 4.00** AM **My Mate's a Bad Date**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Cricket: Today at the Test** England v India: Action from day two of the rearranged fifth and final Test in the series from Edgbaston in Birmingham
8.00 **Michael Palin: Travels of a Lifetime** 4/4. Michael reflects on his fourth travel series, exploring the Sahara.
9.00 LAST EPISODE **Inspector Montalbano** *The Catalanotti Method:* Feature-length special marking the end of the Italian crime drama. Montalbano grapples with the murder of the leader of an amateur dramatics company with a peculiar take on theatre. Subtitled.
11.00 **Francesco's Mediterranean Voyage**
12.00 M'T **JG Ballard: Face to Face**
12.30 AM **Ever Decreasing Circles**
1.00 **Keeping Up Appearances**
1.30 **Michael Palin: Travels of a Lifetime** As 8pm.
2.30 **to 3.30** AM **The Chronicles of Erne**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **A Place in the Sun**
12.00 NOON **Bake Off: The Professionals**
1.00 PM **Come Dine with Me**
3.45 **Four in a Bed** The competition kicks off at Meudon Hotel in Falmouth. **4.20** From the Royal Oak pub in Malborough, Devon. **4.50** A visit to the Angel Guest House in Devon. **5.20** A visit to the Compton Swan in Berkshire. **5.55** The B&B owners meet for the last time.
6.25 **Devon and Cornwall** A steam engine enthusiast embarks on a coast-to-coast journey across Devon.
7.00 **River Cottage Reunited** A trip to the seashore uncovers seaweed that makes an innovative beachside lunch.
8.00 **A Lake District Farm Shop** A master butcher teaches primary school children to make Cumberland sausages.
9.00 **24 Hours in A&E** A patient discusses being diagnosed with a chronic condition. **10.05** A man comes in having severed three of his fingers with an electric saw.
11.10 **8 Out of 10 Cats Does Countdown** With Johnny Vegas and Sara Pascoe. **12.15** AM With Isy Suttie.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Black-ish**
6.30 **The Neighborhood**
8.55 FILM **Megamind** Animated superhero comedy featuring the voices of Will Ferrell, Tina Fey and Jonah Hill. (2010, PG, 95min) ★★★★
10.50 **Ramsay's Kitchen Nightmares USA**
12.50 PM **Ramsay's 24 Hours to Hell and Back**
1.50 **The Goldbergs**
2.50 **Young Sheldon**
3.50 **The Big Bang Theory** Six episodes. (S4)
6.50 FILM **Night at the Museum 2** Fantasy comedy sequel starring Ben Stiller and Amy Adams. A former museum security guard has to rescue his pals, a group of exhibits who come to life at night, when they are moved to Washington DC. (2009, PG, 104min) ★★★
9.00 **Celebrity Gogglebox** Famous faces offer their opinions on shows including *Planet Earth II*, *EastEnders* and *This Morning*.
10.00 **Gogglebox** Shows including *Killing Eve* and *Our House* are appraised.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.20 **Celebrity Gogglebox**
3.15 **Gogglebox**
4.10 **Ramsay's Kitchen Nightmares USA**
5.00 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hour 235 | 146 | 30 | 123

Saturday primetime

Saturday primetime

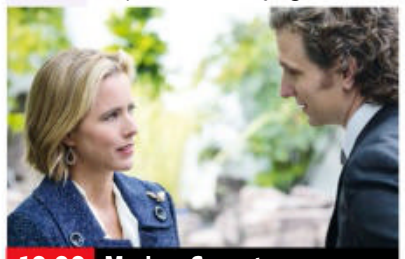
SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Border Security: Australia's Front Line**
7.00 **Customs UK**
8.00 **Border Patrol**
11.00 **Caught on Dashcam**
12.00 NOON **Stop, Search, Seize**
1.00 PM **911 Crisis Centre**
2.00 **UK Border Force** A Nigerian man has a passport that officers believe to be forged.
3.00 **Nothing to Declare** Eight editions of the fly-on-the-wall documentary, including at: **6.30** A nervous passenger is suspected of carrying narcotics.


10.00 Madam Secretary

7 PM

7.00 **Blue Bloods** *Home Sweet Home:* 12/22. Erin is angry when McCoy replaces her as the prosecutor on a case.

8 PM

8.00 **Blue Bloods** *Love Stories:* 13/22. Danny and Baez investigate when a hitman is shot while committing a burglary. (S5)

9 PM

9.00 **Grey's Anatomy** *Stronger than Hate:* A dinner party is thrown at the sister house in Nick's honour. (S18)

10 PM

10.00 **Madam Secretary** *Baby Steps:* 7/20. The surrogate carrying the Vice President's future grandchild is arrested. (S5)
11.00 **Blue Bloods** As 7pm & 8pm.
1.00 AM **Caught on Dashcam** Outrageous road disasters and highway hijinks, captured in video via people's in-vehicle dashboard cameras.
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Four editions.
10.00 **The Wire** 7-9/13. (S4)
1.15 PM **The Wire** 10/13. Bubbles gets revenge. **2.20** 11/13. Carcetti faces a dilemma. (S4)
3.30 **True Detective** 1/8. First episode of the crime drama. **4.35** 2/8. A lead takes Hart and Cohle to a brothel. **5.40** 3/8. Hart's jealousy gets the better of him. **6.45** 4/8. Dora's ex-husband gives the duo a new lead. (S1)

2.20 The Wire

7.55 **True Detective** *The Secret Fate of All Life:* 5/8. Hart and Cohle make a discovery after tracking Reggie Ledoux's cousin Dewall to a hidden meth lab in the bayou. (S1)

9.00 **Game of Thrones** *The Red Woman:* 1/10. The fate of Jon Snow is revealed, and the Sand Snakes make their move.

10.05 **Game of Thrones** *Homeward Bound:* 2/10. At Castle Black, the Night's Watch stands behind Alliser Thorne. (S6)
11.10 **Game of Thrones** 3/10. Arya continues her training. **12.15** AM 4/10. Jorah and Daario face a difficult task. **1.20** 5/10. Arya is given a chance to prove herself. (S6)
2.30 **In Treatment** Triple bill.
4.00 **to 6.00** AM **Storm City**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Supergirl** (S3)
9.00 **Grimm** 9-12/22. (S1)
1.00 PM **Hawaii Five-0** Four episodes, including at: **3.00** 19/25. McGarrett comes under siege at the barber's. **4.00** 20/25. Grover investigates the suspicious death of a friend's wife. (S5)
5.00 **The Flash** 14/18. A bank-robbing Meta distracts the team from their grief. (S8)
6.00 **S.W.A.T.** 7/22. The team are pulled into a case involving the Russian mob. (S5)

8.00 Strike Back: Silent War

7.00 **NCIS: Los Angeles** *Lost Sailor Down:* 7/22. The team investigate the apparent suicide of a navy intelligence officer. (S13)

8.00 **Strike Back: Silent War** 6/10. The members of Section 20 reunite to launch an assault on Zaza's compound. (S7)

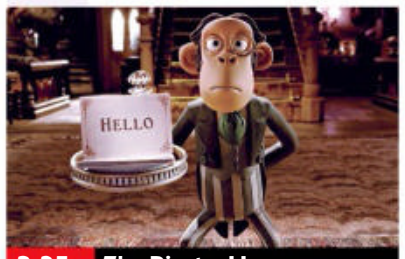
9.00 **The Lazarus Project** 3/8. Following a personal loss, George decides to stop mourning and take action. (S1)

10.00 **Banshee** *Half Deaf Is Better Than All Dead:* 4/10. Hood steals a painting from a museum in Harrisburg. (S1)
11.15 **The Midwich Cuckoos** 5/7. As the children's grip on Midwich tightens, Zoe and Sam make a discovery. (S1)
12.15 AM **Road Wars** Police officers combat vehicle crime.
1.10 **The Force: North East**
2.10 **Brit Cops: Law & Disorder**
4.00 **to 6.00** AM **Stop, Search, Seize**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **Totally Bonkers Guinness World Records**
6.35 **Coronation Street Omnibus**
9.10 **Love Bites**
11.10 **Dress to Impress**
1.10 PM **Take Me Out**
2.25 **You've Been Framed! Gold**
3.25 **FILM The Pirates! In an Adventure with Scientists** Animated comedy adventure. (2012, U, 87min) ★★★★
5.10 **FILM Despicable Me** Animated comedy featuring the voice of Steve Carell. (2010, U, 94min) ★★★★



3.25 The Pirates! In an...

7.05 **FILM Legally Blonde** Comedy starring Reese Witherspoon as a seemingly ditzy blonde who enrols at Harvard Law School and proves she is anything but dumb. With Luke Wilson. (2001, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition Iain Stirling presents a round-up of events in the villa over the past week.

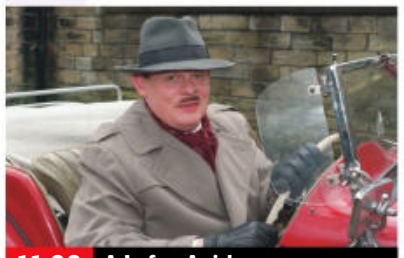
10.05 **Family Guy** 17/20. Peter ends up in a coma. **10.35** 18/20. A mix-up results in a report that Meg has been killed. (S18)
11.00 **Family Guy** (S18)
11.30 **American Dad!** (S8)
12.30 AM **Crossing Swords** (S2)
1.30 **Emergency Nurses: A&E Stories** Documentary.
2.30 **Totally Bonkers Guinness World Records**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Bless This House**
6.35 **A Touch of Frost**
8.45 **Midsomer Murders**
12.50 PM **Midsomer Murders** *Ghosts of Christmas Past:* A family reunion leads to murder. Guest stars Haydn Gwynne and Margery Mason. **2.55** *Things That Go Bump in the Night:* Barnaby and Scott investigate the murder of an undertaker. **5.00** *With Baited Breath:* A fitness fanatic dies after being electrocuted.


11.00 A Is for Acid

7.00 **Midsomer Murders** *The Miniature Murders:* A real estate mogul is murdered in front of a crowd during the opening of a dolls house exhibit at the Midsomer Museum of the Family. Guest stars Joanna Page and Eleanor Bron.

9.00 **Midsomer Murders** *The Sting of Death:* Barnaby and Winter investigate when a beekeper and aristocrat, who has produced a honey said to have extraordinary healing power, is attacked. Guest stars Griff Rhys Jones.

11.00 **A Is for Acid** Crime drama starring Martin Clunes as John George Haigh, a socialite who embarked on a killing spree that saw him labelled 'the Acid Bath Murderer'.
1.10 AM **George and Mildred**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **The Edit** New edition Entertainment news.
7.30 **The Mart** Rookie auctioneer Scott tries to battle nerves.
8.00 **Amazing Hotels: Life Beyond the Lobby** The Royal Mansour in Marrakesh, Morocco.
9.00 **Best of Chewin' the Fat** Highlights of the comedy sketch show.
9.30 **Rab C Nesbitt** 2/6. Rab becomes an environmental campaigner. (S5)
10.00 **Kenny Rogers: All in for the Gambler (A Farewell Concert Celebration)** Honouring the country star's career.
11.35 **The Story of Bits and Pieces** The story behind the party anthem.
11.55 PM **to 12.00** M'T **Loop** New edition

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **Will & Grace** (S2)
9.25 **Girls** 1-8/10. (S1)
2.00 PM **The Fresh Prince of Bel Air** (S5&6)
4.30 **Modern Family** (S3)
7.00 **The Office (US)** 20/26. Michael tries to deflate salespeople's egos. **7.30** 21/26. Oscar makes a plan to spend more time with Matt. **8.00** 22/26. Andy hopes to give Erin the perfect Secretary's Day. **8.30** 23/26. Michael misunderstands Donna's body language. (S6)
9.00 **Curb Your Enthusiasm** 1/10. Larry decides to invests in a restaurant. **9.35** 2/10. One of Larry's dinner guests becomes ill. (S3)
10.15 **Russell Howard: Wonderbox** Stand-up.
12.00 M'T **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.00 AM **Miracle Workers**
2.30 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Beethoven's Fidelio by Christoph Waltz**
8.30 **Tales of the Unexpected**
11.00 **Reinventing the Orchestra with Charles Hazlewood**
12.00 NOON **DH Lawrence: Sex, Exile & Greatness**
1.00 PM **The Art Mysteries**
2.00 **The Prince's Master Crafters: The Next Generation**
3.00 **Paul Simon: Live in Central Park 1991**
5.35 **The Rolling Stones: Rock and Roll Circus**
7.00 **Dolly Parton: Song by Song** Triple bill.
8.30 **The Who: Tommy Live at the Royal Albert Hall**
10.00 **Joe Cocker: Mad Dogs & Englishmen**
12.15 AM **Bob Dylan: 30th Anniversary Concert**
2.15 **Stevie Nicks: 24 Karat Gold Tour**
4.10 **Death Songbook**
5.05 **to 6.00** AM **Treasures of the British Library**

Pick

159 | 156 | 36 | 144

6.00 AM **Nothing to Declare**
11.00 **Stop, Search, Seize**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Motorbike Cops**
2.00 **Highway Cops**
3.00 **Big Beasts: Last of the Giants**
4.00 **Shark Squad**
5.00 **Micro Monsters with David Attenborough**
6.00 **Road Wars**
8.00 **Freddie Fries Again**
9.00 **Mark of a Serial Killer** A killer in New York who picked his victims by their birth signs.
10.00 **Killer in My Village**
11.00 **Ross Kemp: Extreme World** From Ukraine.
12.00 M'T **The Force: North East** A three-year-old boy is found alone.
1.00 AM **Brit Cops: Rapid Response**
2.00 **Border Security: Canada's Front Line**
4.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Friends** (S7)
1.00 PM **Friends** (S7)
5.30 **FILM Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. (1995, PG, 89min) ★★
7.15 **FILM Happy Gilmore** Comedy starring Adam Sandler. A charming but volatile ice hockey enters a golf tournament in the hope of saving his grandmother's house. (1996, 12, 92min) ★★★
9.00 **FILM Liar Liar** Comedy with Jim Carrey. (1997, 12, 86min) ★★★★
10.50 **Greatest Ever Movie Blunders** Elis James presents a selection of mistakes from movies.
11.50 **Chris Ramsey's Stand Up Central** Double bill.
12.50 AM **The Ricky Gervais Show** 4&5/13. (S3)
1.55 **South Park** (S4)
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 179 | 28 | 119

7.00 AM **The Big Bake**
8.00 **Masters of Flip**
9.00 **LittleBe**
12.00 NOON **Masters of Flip**
1.00 PM **The Real Housewives of Atlanta**
1.55 **The Real Housewives of Orange County**
2.55 **The Big Bake**
5.55 **Dinner Date** Simone from Liverpool chooses three blind dates. **7.00** Craig from Cheshire hopes to find romance.
8.00 **Celebrity Dinner Date** Featuring Joe Swash.
9.00 **Botched** A former reality TV star seeks a breast reduction.
10.00 **Ibiza Weekender** A surprise guest causes chaos for Jordan. **11.00** The team welcomes a new arrival.
12.00 M'T **to 1.00** AM **The Real Housewives of Orange County**

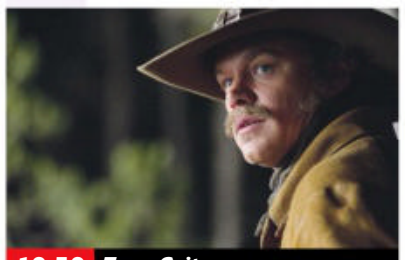
+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Derby Through the Years**
6.15 **Tenable**
7.05 **MotoGP Highlights**
8.00 **British Touring Car Championship Highlights**
9.30 **Racing: The Opening Show**
10.30 **River Monsters**
11.00 **Tour de France Highlights**
12.00 NOON **LIVE Tour de France** Coverage of stage two, a 202.5km route from Roskilde to Nyborg in Denmark.
4.30 PM **River Monsters**
5.00 **Monster Carp**


10.50 True Grit

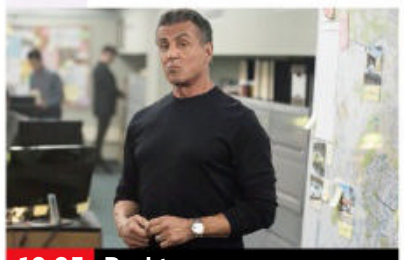
7.00 **Tour de France Highlights** Action from stage two, featuring a 202.5km route from Roskilde to Nyborg.
8.00 **FILM Apollo 13** Drama telling the story of the near-disastrous Apollo 13 space mission in 1970. Stars Tom Hanks, Kevin Bacon, Bill Paxton, Gary Sinise, Ed Harris and Kathleen Quinlan. (1995, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.50 **FILM True Grit** Western remake with Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.05 AM **Extreme Salvage Squad** The world of marine salvage and rescue in Australia, filmed in the Whitsunday Islands off Queensland.
2.00 **The Professionals** *Wild Justice*: Bodie's sanity is questioned.
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Stargate SG-1** (S6)
8.00 **Teleshopping**
11.00 **Fact or Faked: Paranormal Files**
12.00 NOON **Star Trek: Voyager** Five episodes, including at: **3.00** PM 6/26. Chakotay tries to change the past. **4.00** 7/26. Seven of Nine loses her mind. (S5)
5.00 **FILM Apocalypse of Ice** Disaster thriller starring Tom Sizemore, Torrey Richardson and Jake Holley. (2020, PG, 88min) ★★


10.05 Backtrace

7.00 **FILM Asteroid-a-geddon** Action adventure starring Eric Roberts and Veronika Issa. A young tech genius assembles a team of specialists to stop an asteroid from destroying the Earth. (2020, PG, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Penny Dreadful: City of Angels** *Sing, Sing, Sing*: 9/10. Peter decides to take Tom, Trevor and Frank to the movies. (S1)
10.05 **FILM Backtrace** Thriller starring Sylvester Stallone and Ryan Guzman. (2018, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **The Librarians** 1/10. Jenkins discovers something strange has happened to the Library since it returned from the Void, and his findings draw the team back together. (S2)
1.00 AM **The Librarians** (S2)
5.00 **to 6.00** AM **Most Haunted US**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries**
10.00 **Father Brown** Four episodes of the drama, including at: **1.00** PM *The Upcott Fraternity*: The suicide of a student leads Father Brown to believe a murderer is at work.
2.00 **Death in Paradise** Triple bill of the series, including at: **4.40** 3/8. A model is killed during a fashion show. (S5)
6.00 **Inspector George Gently** *Blue for Bluebird*: Gently and Bacchus investigate a murder at a family holiday camp.

8.00 Death in Paradise

Inspector George Gently (started at 6.00pm)
8.00 **Death in Paradise** *Death of a Detective*: 1/8. Richard Poole meets a sticky end at a university reunion.
9.00 **Death in Paradise** *The Wrong Man*: 2/8. The filming of a horror movie ends in murder. Guest stars Michelle Ryan. (S3)
10.00 **Miss Scarlet and the Duke** 3/6. Eliza becomes the prime suspect in a series of break-ins at city mortuaries. (S2)
11.00 **Death in Paradise** 1/8. A millionaire environmentalist is shot dead on his boat. **12.00** M'T 2/8. The island's governor is poisoned. (S5)
1.00 AM **Inspector George Gently**
2.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.00 AM **Last of the Summer Wine**
7.40 **Desmond's**
8.10 **Citizen Khan**
9.25 **David Jason: My Life on Screen** The actor looks back over his career.
10.25 **The Story of Only Fools and Horses** Documentary.
11.30 **Only Fools and Horses**
12.10 PM **Only Fools and Horses** Ten episodes, including at: **6.10** Del and Rodney enjoy a night out in the West End. **6.50** Del gets his hands on a statue of a Hindu god.

9.20 The Vicar of Dibley

7.30 **Only Fools and Horses** Christmas special from 1986. Rodney dates an artist who turns out to be an aristocrat's daughter. **8.45** Christmas special of the sitcom from 1982. Del Boy finds a new lady friend – only to discover she also has a son.
9.20 **The Vicar of Dibley** Geraldine is keen to find a celebrity to open the autumn fair in style.
10.00 **All Round to Mrs Brown's** Chat show, with guests Teri Hatcher, Anna Friel, Rob Beckett and Chris Kamara.
11.15 **Inside No 9** *The Devil of Christmas*: A family spending are warned of a monster that comes to punish the wicked. **11.55** *The Bill*: An argument about a bill gets out of control.
12.35 AM **Absolutely Fabulous**
1.55 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Modern Wheels or Classic Steals** Double bill.
8.00 **Rick Stein's Long Weekends**
9.00 **Rick Stein's Far Eastern Odyssey** From Penang.
10.00 **Top Gear**
11.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
1.00 PM **Top Gear** Double bill.
3.00 **Red Bull Soapbox Race**
4.00 **Top Gear** Double bill.
6.00 **Would I Lie to You? – The Unseen Bits**
6.40 **Would I Lie to You?**

3.00 Red Bull Soapbox Race

7.20 **Would I Lie to You?** With John Bishop, Chris Addison, Joanna Page and Patsy Palmer.
8.00 **Not Going Out** The will-they-won't-they tension between Lee and Lucy reaches unseen new highs.
9.00 **Not Going Out** On Christmas Eve, Lee and Lucy find themselves caught up in a robbery at a local department store.
10.00 **Hypothetical** With guests Ross Noble, Lou Sanders, Angela Barnes and Sunil Patel.
11.00 **Would I Lie to You? – The...**
11.40 **Would I Lie to You?**
12.20 AM **Have I Got a Bit More...**
1.20 **Live at the Apollo**
2.30 **Room 101** With Cilla Black.
3.00 **QI** With Professor Brian Cox.
3.30 **to 4.00** AM **Eddie Eats America**

+1 hour 211 131 74

Saturday

7 PM
8 PM
9 PM
10 PM

GREAT! tv

157 189 50 142

6.00 AM **Highway to Heaven**
12.00 NOON **FILM The Seven Year Hitch** Comedy starring Natalie Hall. (2012, PG, 88min) ★★
2.00 PM **FILM I Do, I Do, I Do** Romantic fantasy starring Autumn Reeser. (2015, PG, 90min) ★★
3.45 **FILM Walking the Dog** Romantic comedy with Jennifer Finnigan. (2017, PG, 84min) ★★
5.30 **FILM Unleashing Mr Darcy** Romantic drama starring Cindy Busby. (2016, PG, 105min) ★★
7.15 **FILM Undercover Bridesmaid** Romantic drama starring Brooke Burns and Nicole Paggi. (2012, PG, 86min) ★★
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **Perception** (S1)
5.15 **to 6.00** AM **Crazy Like a Fox**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me: The Professionals**
12.00 NOON **Find It, Fix It, Flog It** Triple bill.
3.00 PM **A Place in the Sun**
8.00 **George Clarke's Old House, New Home** George helps to bring a mock Tudor coach house up to date.
9.00 **George Clarke's Flipping Fast** The competition nears its end – and three teams are still in the running.
10.00 **Grand Designs** A couple building a house on a sheer cliff on the west coast of Scotland.
11.05 **24 Hours in A&E** A woman suffers a suspected heart attack.
12.10 AM **Celebrity Gogglebox** Double bill.
2.20 **First Dates: Pride Special** One-off edition.
3.25 **999: On the Front Line**
4.20 **to 4.50** AM **Cook Clever, Waste Less with Prue & Rupy**

5USA

141 141 153 21 129

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **8.00** *Murder in ¾ Time (aka The Survivor)*: Jessica investigates a detective's murder.
9.00 **Criminal Minds** *Secrets and Lies*: 21/22. The FBI's Behavioural Analysis Unit join forces with the CIA. **10.00** *The Fisher King – Part One*: 22/22. A serial killer disrupts the team's holiday plans. **11.00** *The Fisher King – Part Two*: 1/23. The team continue to decipher the clues the killer is leaving. (S2)
11.55 **Criminal Minds** (S2)
12.55 AM **Ransom** (S2)
2.50 **Law & Order: Criminal Intent** 1/21. (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Judge Judy**
9.35 **Caught on Camera: Funniest Moments**
10.35 **FILM The Queen's Corgi** Animated comedy. (2019, PG, 85min) ★
12.25 PM **FILM Fool's Gold** Romantic adventure. (2008, 12, 107min) ★
2.40 **FILM Twister** Disaster movie. (1996, PG, 114min) ★★★
4.55 **FILM Journey 2: The Mysterious Island** Fantasy sequel. (2012, PG, 94min) ★★★
6.50 **FILM Dante's Peak** Disaster movie. (1997, 12, 108min) ★★★
9.00 **FILM Gone in Sixty Seconds** Action thriller. (2000, 15, 117min) ★★★
11.15 **FILM The Warriors** Urban thriller. (1979, 15, 94min) ★★★
1.10 AM **Ambulance: Code Red** Documentary.
2.10 **to 4.00** AM **Judge Judy**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
4.00 PM **Rochelle Humes: Interior Designer in the Making** Turning a bland rental property into a family home.
5.00 **My Family** Six episodes of the series, including at: **7.35** Janey's baby is due and Susan insists on being at the birth. **8.20** Susan embraces the spirit of Halloween in the neighbourhood.
9.00 **Miranda** A hotel stay adds some excitement to Miranda's life. **9.40** Penny tries to find a man for Miranda. **10.20** A man leaves his wallet in the shop.
11.00 **Louis Theroux: The Night in Question**
12.20 AM **Louis Theroux's African Hunting Holiday**
1.30 **to 3.00** AM **Sun, Sea and Brides to Be**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **Birds of a Feather**
7.45 **Lovejoy**
10.40 **Sharpe**
12.40 PM **Catherine Cookson's Tilly Trotter**
4.55 **One Foot in the Grave**
6.00 **The Brokenwood Mysteries** *Hunting the Stag*: 4/4. A groom-to-be is shot dead. (S1)
8.00 **Shakespeare & Hathaway – Private Investigators** *The Chimes at Midnight*: 2/10. Frank and Luella investigate the death of a care home worker. (S1)
9.00 **Gentleman Jack** 5/8. A vicar arrives in Halifax with the intention of marrying Ann Walker. **10.20** 6/8. Anne witnesses her lover's mental decline.(S1)
11.40 **Taggart** *Love Knot*.
1.15 AM **The Brokenwood Mysteries** As 6.00pm.
3.10 **to 4.00** AM **Birds of a Feather**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

SATURDAY

Documentaries

Saturday

RealityXtra

147 197 68 134

9.00 AM **JAG** 4-8/25. (S5)
2.00 PM **Medical Detectives**
4.00 **Judge Judy** Real-life small-claims cases.
9.00 **Psychic Private Eyes** A woman wants to know who shot her son on her doorstep.
10.00 **CSI: NY** *Night, Mother:* 10/23. Mac and Stella investigate a sleepwalker accused of killing a woman. **11.00** *Tri-Borough:* 11/23. Murder victims are found in three New York boroughs. **12.00** M'T *Recycling:* 12/23. Mac and Aiden investigate the death of a dog trainer. **1.00** AM 13/23. Mac and Stella investigate a dangerous gang. **2.00** *Blood, Sweat and Tears:* 14/23. A body is found in a box on a Coney Island beach. (S1)
3.00 **to 6.00** AM **Judge Judy**

Legend

148 192 41 137

7.00 AM **Tales from the Darkside** Double bill.
8.00 FILM **Wyvern** Fantasy. (2009, 15, 84min) ★★
9.50 **Legend Lowdown**
10.00 **Farscape** (S3&4)
3.00 PM FILM **Alien Fury: Countdown to Invasion** Sci-fi thriller. (2000, 12, 85min) ★
4.50 FILM **Fire Serpent** Sci-fi horror thriller. (2007, 15, 89min) ★★
6.40 FILM **Ice Sharks** Horror with Edward DeRuiter. (2016, 15, 85min) ★
8.30 **Tales from the Darkside** *The Circus.*
9.00 FILM **The Tall Man** Crime mystery. (2012, 15, 106min) ★★★
11.05 FILM **Cult of Chucky** Horror thriller. (2017, 18, 91min) ★★★
12.55 AM FILM **The Taking of Deborah Logan** Horror. (2014, 15, 90min) ★★★
2.40 **to 4.30** AM FILM **Witch Hunt** (2021, 15) ★★

Challenge

160 160 48 146

7.00 AM **The Chase**
9.00 **Wheel of Fortune**
11.30 **Family Fortunes**
2.00 PM **All Star Family Fortunes** Model Lisa Snowdon and actor Will Mellor take part in the game show for charity.
3.00 **Strike It Lucky** Double bill of the game show.
4.00 **Tenable** Five contenders from the north east of England answer questions about top 10 lists from the realms of pop culture and general knowledge.
5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Andrea McLean, Robbie Savage, Jessica Taylor and Rory McGrath take part in the quiz.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 **to 6.00** AM **The Chase**

E!

151 151 835 164 163

7.00 AM **Welcome Home Nikki Glaser?**
7.30 **Mathis Family Matters**
8.00 **Wags Miami**
10.00 **Wags Atlanta**
1.00 PM **News: Daily Pop**
2.00 **Keeping Up with the Kardashians** Eight editions, including at: **7.00** Kim and Kourtney head to Armenia to baptise their children. **8.00** Kris tries to push Khloe to date again. **9.00** The siblings return home to wish their father well as Bruce prepares to transition.
10.00 **Welcome Home Nikki Glaser?** Chris makes a decision that could sway Nikki to stay in St Louis for a little while longer.
10.30 **Dating: No Filter**
11.00 **Botched**
12.00 M'T **Mariah's World**
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Married to Jonas**

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM **Discovering: Jack Lemmon**
7.00 **Discovering: Claudette Colbert**
8.00 **The Directors**
9.00 **Regarding Susan Sontag** Documentary.
11.00 **Showbiz Kids**
1.00 PM **McLaren**
2.45 **My Icon**
3.00 **JFK Revisited: Through the Looking Glass**
5.15 **Ferrari: Race to Immortality**
7.00 FILM **Senna** Documentary about Formula 1 racing driver Ayrton Senna. (2010, 12, 105min) ★★★★
9.00 NEW **Who Killed the KLF?** Exploring the rise and fall of the KLF in the 1980s and 1990s.
10.50 **Pariah: The Lives and Deaths of Sonny Liston**
12.45 AM **Music Box**
2.15 **American Dharma**
4.15 **to 6.00** AM **Fake Famous**

Sky Nature

124 124 822 280 279 354 369

6.00 AM **Amazing Animal Friends** Triple bill.
9.00 **Wild Israel** Triple bill.
12.00 NOON **Wild Workers**
1.00 PM **Hotspots: The Last Hope** Places around the world that are home to great biodiversity.
2.00 **Great Parks of Africa**
6.00 **Big Cats: An Amazing Animal Family** 1/2. Patrick Aryee explores the evolution of cats. **7.00** 2/2. Patrick concludes his exploration of the feline family tree.
8.00 **Africa's Wild Year** A journey through the seasons on the continent, beginning in spring.
9.00 **Caught in Motion**
10.00 **Hotspots: The Last Hope** As 1.00pm.
11.00 **Wild Workers**
12.00 M'T **A Bee's Diary**
1.00 AM **Africa's Wild Year**
2.00 **Caught in Motion**
3.00 **to 6.00** AM **Great Lakes Wild**

HGTV

158 286 44 166

7.00 AM **Escape to the Country** Four editions.
11.00 **The Great Interior Design Challenge**
3.00 PM **A Place in the Sun** Five editions, including at: **7.00** A couple who have dreamed of owning a property in Florida.
8.00 **Escape to the Country** A couple search for a home in Somerset. **9.00** A couple swapping Hertfordshire for the Cornish countryside. **10.00** A pair of music lovers look for a home in the Cambridgeshire countryside on a budget of £500,000. **11.00** A couple hope to find a property in rural Herefordshire.
12.00 M'T **Flip or Flop**
1.00 AM **Bargain Block**
2.00 **Escape to the Country**
3.00 **to 4.00** AM **World's Most Secret Homes**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
12.00 NOON **Gok Wan's Easy Asian** Double bill.
1.00 PM **The Great British Bake Off** Five editions.
6.00 **Gok Wan's Easy Asian**
7.00 **Tom Kerridge Barbecues** A chorizo pork burger tower. **7.30** The chef fires up his barbecue for a Middle Eastern feast.
8.00 **Rick Stein's Food Heroes: Another Helping** Double bill.
9.00 **Man Finds Food**
10.00 **Man v Food with Casey Webb** Double bill.
11.00 **Man v Food Nation**
11.30 **Man v Food with Casey Webb** From Indianapolis.
12.00 M'T **Diners, Drive-Ins and Dives** Four editions.
2.00 **to 3.00** AM **Nigel Slater's Real Food Show**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Deadliest Catch**
9.00 **Chaos Caught on Camera** Six editions.
12.00 NOON **American Pickers** Triple bill.
3.00 PM **Fast N' Loud**
6.00 **Meet the Sloths**
7.00 **My Cat from Hell**
8.00 **The Zoo: San Diego**
9.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and his team open a mobile clinic in Mexico.
10.00 **Elephant Man: Body Bizarre** A man with a benign facial tumour.
11.00 **Monsters Inside Me**
12.00 M'T **Mission Declassified**
1.00 AM **Unexplained: Caught on Camera**
2.00 **Dual Survival**
3.00 **Bear Grylls: Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM **Winter Road Rescue**
9.35 **The Gadget Show**
10.35 **Trucking Hell**
11.35 **Police Interceptors**
2.35 PM FILM **The Kentuckian** Western. (1955, PG) ★★★
4.40 FILM **Submarine X-1** World War Two drama. (1969, U, 89min) ★★
6.30 FILM **The Horse Soldiers** John Ford's US Civil War Western. (1959, U, 115min) ★★
9.00 FILM **Wild Card** Thriller starring Jason Statham and Michael Angarano. (2015, 15, 92min) ★★★
11.05 FILM **Maximum Risk** Action thriller. (1996, 18, 101min) ★★
1.00 AM **What Went Wrong: Countdown to Disaster**
3.05 **Heists: Secrets of the Great Train Robbery**
4.00 **World's Wildest Holidays** Documentary.
4.50 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 137 136 348 363

6.00 AM **Road Wars**
7.00 **Highway Patrol**
11.00 **Brit Cops: Law & Disorder** Double bill.
1.00 PM **Road Wars**
2.00 **How I Caught the Killer**
3.00 **World's Most Evil Killers** John Wayne Gacy.
4.00 **Britain's Most Evil Killers** Double bill.
6.00 **Killer in My Village**
7.00 **The Real Manhunter**
8.00 **Made for Murder** The story of Willy Inmon, who had taken three lives by the age of 21.
9.00 **The Suzy Lamplugh Mystery** 1&2/2. The disappearance of the London estate agent.
11.00 **Twisted Killers**
12.00 M'T **Britain's Most Evil Killers** Four editions.
4.00 AM **Brit Cops: Frontline Crime UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **48 Hours**
7.00 **Medical Detectives** Exploring the centre for disease control, which tries to predict and contain epidemics. **7.30** A mother and child are reported missing after a carjacking.
8.00 **Murder By the Sea** A Bournemouth hotelier accused of murdering his wife in 1982.
9.00 NEW SERIES **Stranger in My Home** A man opens his home to a stranger in need. **10.00** New edition Eccentric millionaire John Aegerter commits a terrible crime.
11.00 **Ice Cold Killers**
1.00 AM **Stranger in My Home** As 9pm & 10pm.
3.00 **Unsolved Mysteries**
5.15 **to 6.00** AM **Judge Judy**

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Crete.
7.00 **Teleshopping**
8.00 **My Mortgage Free Home** Property series.
9.00 **Celebrity Antiques Road Trip** Double bill.
11.00 **Money for Nothing**
1.00 PM **A Place in the Sun**
3.00 **The Yorkshire Auction House**
4.00 **Helicopter ER**
8.00 **Saving Lives at Sea**
9.00 **Hotel Paranormal** New edition An infamous inn in the Welsh countryside.
10.00 **Ghost Adventures Aftershock** Sedamsville Rectory and Winchester Mystery House.
11.00 **Death Walker with Nick Groff**
12.00 M'T **Portals to Hell**
1.00 AM **Paranormal: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Money for Nothing**

Blaze

164 216 64 162

6.00 AM **UFO Hunters**
11.00 **Alien Files: Unsealed**
3.00 PM **Ancient Aliens: Secret Science**
4.00 **Ancient Aliens**
5.00 **Ancient Aliens: Secret Science**
6.00 **Ancient Aliens** The Eisenhower Briefing Document from 1952. **7.00** The rediscovery of the Akashic Record.
8.00 **Roswell: The First Witness** 1/2. Efforts to prove Major Jesse Marcel was forced to deny he saw a UFO.
9.00 **The Phenomenon** Documentary examining global cover-ups involving UFOs
11.10 **UFO Hunters**
1.10 AM **Phantom Signals**
2.00 **Mythical Beasts**
3.00 **MysteryQuest**
3.45 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
12.00 NOON **Say Yes to the Dress: Atlanta**
1.00 PM **Curvy Brides Boutique** Double bill.
3.00 **Dr Pimple Popper: Pop Ups** Double bill.
5.00 **Say Yes...UK**
6.00 **Say Yes... Poland**
7.00 **Extreme Sisters** Jessica hits rock bottom with her sister Christina.
8.00 **1000lb Sisters**
9.00 **My 600lb Life**
10.00 **Monsters Inside Me**
11.00 **The Bad Skin Clinic**
12.00 M'T **1000lb Sisters**
1.00 AM **My 600lb Life**
2.00 **Monsters Inside Me**
3.00 **The Bad Skin Clinic**
4.00 **Say Yes... Atlanta**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **GPs: Behind Closed Doors** Five editions.
2.00 PM **Ancient Mysteries**
5.00 **Mothman: Uncovering the Truth** Documentary.
6.00 **Hunt for the Lost Gold of Nibelung**
7.00 **Noah's Ark: The Truth Behind the Great Flood**
8.00 **The Greatest Mysteries of Humanity**
9.00 **Oliver Cromwell: The Crown's Revenge**
10.00 **The Sinking of the Costa Concordia: Collision at Sea**
11.00 **The Sinking of the Costa Concordia: Secrets of the Wreck**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **Elephant Hospital**
2.00 **Secrets of the Royal Palaces** Hampton Court.
3.00 **Great British Gardens: Season by Season with Carol Klein**
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **Sydney Harbour Force** Documentary.
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
3.00 PM **Disasters Engineered**
4.00 **Engineering Mistakes**
5.00 **Planes That Changed the World**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Salvage Hunters: The Restorers**
8.00 **Nick Knowles Heritage Rescue**
9.00 **The Repair Shop**
10.00 **Tony Robinson's World War One**
11.00 **HMS Ark Royal**
12.00 M'T **Destroyed in Seconds** Double bill.
1.00 AM **Sydney Harbour...**
2.00 **Mega Shippers**
3.00 **Outback Opal Hunters**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes... Atlanta**
7.00 **Animal Cops Houston**
9.00 **The Zoo** Double bill.
11.00 **Salvage Hunters**
2.00 PM **Say Yes to the Dress: The Big Day**
6.00 **My 600lb Life**
8.00 **Murder, Mystery and My Family**
9.00 **The Murder Tapes** New edition A retired schoolteacher is found bludgeoned to death.
10.00 **Chris Watts: A Faking It Special** New edition The disappearance of Shanann Watts and her two daughters.
11.00 NEW SERIES **The Hunt for the Chicago Strangler** Documentary. **12.00** M'T New editions
2.00 AM **Murder Comes to Town** April Millsap.
3.00 **FBI Files**
4.00 **Animal Cops Miami**
5.00 **to 6.00** AM **The Zoo**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Treehouse Masters**
12.00 NOON **Legend of Croc Gold** Six editions of the documentary series, including: **2.00** A rash move leaves Farley broken and bedridden. **3.00** Gold miner Farley aims to save his family business. **4.00** Farley insists the team attempt a dangerous journey. **5.00** The mission is put in jeopardy when a freak accident sidelines the crew.
6.00 **Getaway Driver** A BMW E36 and a modded-out Mustang.

12.00 Legend of Croc Gold

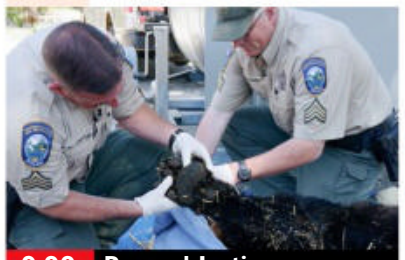
7.00 **Lone Star Law** Wardens search for illicit hunters, and zebra mussels are found on a boat.
8.00 **Gold Rush: Dave Turin's Lost Mine** The team run two wash plants at the same time, but a water pump malfunctions.
9.00 **Gold Rush: Parker's Trail** Parker and team track down a legendary miner on the gold-rich west coast of New Zealand.
10.00 **Expedition X** Phil and Jess uncover alleged paranormal activity at Lake Superior.
11.00 **Expedition Bigfoot** When Russell films a shocking piece of video evidence, the whole team assemble to follow the trail. Their search culminates in a monumental discovery.
12.00 M'T **NASA's Unexplained Files**
4.00 **to 6.00** AM **How Do They Do It?**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Tiger Shark Beach**
3.00 **Isle of Jaws: Blood Brothers**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet** A dog with a mysterious injury.
6.00 **Extinct or Alive** In search of the white wolf, which was declared extinct in 1930.


9.00 Rugged Justice

7.00 **How Do Animals Do That?** How sea turtles navigate their way home. **7.30** How snakes can hear if they have no ears.
8.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to the Pantanal wetland area of Brazil.
9.00 **Rugged Justice** The Fish and Wildlife Police swing into action to release a menacing bear back into its native habitat.
10.00 **The Last Alaskans** The families demonstrate why finding food is essential to surviving 400 miles from civilisation.
11.00 **Intruders** Stories of homes invaded by animals.
12.00 M'T **Monsters Inside Me** An insidious creature takes up residence in a man's spleen.
1.00 AM **Edge of Alaska**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **UFO: Alien Invasion**
11.00 **Area 51: I Was There**
12.00 NOON **UFOs: The Untold Stories** Triple bill of editions.
3.00 PM **Area 51: The CIA's Secret Files** Examining activity at the Groom Lake Testing Facility.
4.00 **UFO: Alien Invasion** People in Texas claim a strange object in the sky is making them ill. **5.00** A mass daylight sighting of UFOs near Brisbane.
6.00 **UFO UK: New Evidence** The revelations of the Ministry of Defence's UFO files.

7.00 Secrets of Area 51

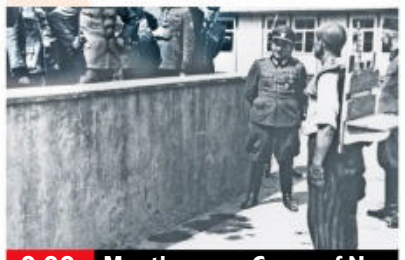
7.00 **Secrets of Area 51** Behind the scenes of the world's most secret military base.
8.00 **Secret History of UFOs** Exploring reported sightings of unidentified flying objects across America, in the hope of determining whether they are anything more than figments of people's imagination.
10.00 **UFOs: The Untold Stories** The incident that launched one of the biggest UFO investigations in Portuguese military history.
11.00 **UFOs: The Untold Stories** An unidentified red light that appeared in the sky following a blackout in a Romanian village.
12.00 M'T **UFO: Alien Invasion**
2.00 AM **UFOs: The Untold Stories** Double bill.
4.00 **to 5.00** AM **UFO: Alien Invasion**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Revolutions: The Ideas That Changed the World**
7.00 **Highway Thru Hell**
9.00 **Hunting Nazi Treasure**
11.00 **Storage Wars**
1.00 PM **American Pickers**
4.00 **Rust Valley Restorers**
5.00 **The Real War of Thrones** Mary, Queen of Scots, is forced to abdicate and flee to England, where Queen Elizabeth has her imprisoned.
6.00 **Bomber: Terror of WWII** Examining global conflict between 1939 and 1946.


9.00 Mauthausen: Camp of No...

7.00 **WWII Turning Points** Japan's strike on Pearl Harbour in December 1941 and the Battle of Midway six months later.
8.00 **WWII Turning Points** The slow turning-point of the war as the Axis forces began to lose hold on their previous triumphs.
9.00 **Mauthausen: Camp of No Return** The horrors of the Mauthausen concentration camp, which was established on Hitler's orders in 1938.
10.15 **Numbered** Examining the dark stories of the markings placed on prisoners in Auschwitz.
11.30 **Clash of the Gods** Examining the inspiration for the Minotaur's labyrinth.
12.30 AM **Forged with Steele** Alec Steele recreates a cane sword.
1.00 **Forged in Fire**
2.00 **Forged in Fire Tournament of Champions**
3.00 **to 6.00** AM **Forged in Fire**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Forbidden History**
8.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore the hidden parts of Euston.
9.00 **Bangers and Cash**
1.00 PM **Abandoned Engineering** Triple bill of editions.
4.00 **Secrets of the London Underground** Clapham South deep level shelter. **5.00** The disused Jubilee Line areas of Charing Cross. **6.00** The hidden world of the Waterloo and City Line.

10.40 Porridge

7.00 **Secrets of the London Underground** King William Street, the original terminus of the first electric Tube in the world. — 7 PM
8.00 **Secrets of the London Underground** Exploring the hidden World War Two remains of Brompton Road. — 8 PM
9.00 **Bangers and Cash** Three MGs from the 1970s turn up at the garage, still covered in original factory wax. — 9 PM
10.00 **One Foot in the Grave** Victor receives an unlikely job offer. — 10 PM
10.40 **Porridge** First episode of the classic comedy.
11.20 **Porridge** Betting fever sweeps Slade Prison, but it is not long before the stakes rise too high for some of the inmates.
12.00 M'T **Bangers and Cash** Three rare Alvises get the auction buyers going.
1.00 **to 3.00** AM **Forbidden History**

+1 hour 255 200 75

Disc. History

177 257

6.00 AM **Combat Dealers**
9.00 **How the Universe Works** The Juno probe.
10.00 **Killers of the Cosmos**
11.00 **How the Universe Works** Mars missions.
12.00 NOON **Combat Dealers**
3.00 PM **Tony Robinson's Wild West** Double bill.
5.00 **Combat Dealers**
8.00 **Custer's Last Stand** George Armstrong Custer's defeat by native Americans in 1876.
9.00 **Arafat: Under Siege** The aftermath of the Israeli forces' siege of the president's headquarters.
10.00 **Massacre in Madrid** An insight into the Madrid bombings of March 2004.
11.00 **Aircrash Unsolved: The Mystery of Helios 522**
12.00 M'T **Combat Dealers**
2.00 **to 6.00** AM **Massive Engineering Mistakes**

+1 hour 277 261

Eden

166 245 247

9.00 AM **Galapagos**
12.00 NOON **Attenborough's Wonder of Eggs**
1.00 PM **Attenborough and the Giant Egg**
2.00 **Attenborough and the Giant Dinosaur**
3.00 **Equator: The Line of Life** Triple bill.
6.00 **Galapagos**
9.00 **Attenborough's Wonder of Eggs** The secrets of birds' eggs.
10.00 **Attenborough and the Giant Egg**
11.00 **Attenborough and the Giant Dinosaur**
12.00 M'T **Equator: The Line of Life** Triple bill.
3.00 AM **Attenborough and the Giant Egg**
3.50 **Attenborough and the Giant Dinosaur**
4.40 **Equator: The Line of Life** Documentary.
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 849 264 265

8.00 AM **Australia's Deadly Monsters** Triple bill.
11.00 **Snakes in the City**
12.00 NOON **Thailand's Wild Cats** The rarest cats.
1.00 PM **Thailand's Hidden Wilderness**
2.00 **Magic of Disney's Animal Kingdom**
3.00 **Secrets of the Zoo: Tampa** Documentary.
4.00 **Secrets of the Zoo**
5.00 **Africa's Deadly Kingdoms** Double bill.
7.00 **Africa's Hidden Wonders** Exploring the landscape of Rwanda.
8.00 **Africa's Deadliest** The lives of Africa's hippos, elephants and buffalo. **9.00** Predators that hunt in packs.
10.00 **Predator Fail: When Prey Attacks**
11.00 **Grit: Honey Badger Tough** Documentary.
12.00 M'T **When Sharks Attack**
2.00 **to 5.00** AM **Australia's Deadly Monsters**

Sky History 2

163 163 840 272

8.00 AM **Ancient Aliens**
11.00 **Architects of Darkness**
12.00 NOON **How the Nazis Lost the War**
1.00 PM **WWI: The First Modern War**
2.00 **Deep Sea Detectives**
3.00 **Ancient Superstructures**
4.00 **Conspiracy**
5.00 **Clash of the Gods**
6.00 **The Curse of Civil War Gold: Diving Deeper**
7.00 **Ancient Aliens**
9.00 **The Royals and the Nazis** British aristocrats' apparent sympathy for National Socialism.
10.00 **Rome's Bloodiest Dynasty: Boudica's Revenge** Documentary.
11.00 **KGB: The Sword and the Shield**
12.00 M'T **Deadliest Warrior**
1.00 AM **Mega Transports**
2.00 **Ancient Aliens**
4.00 **Life After People**
5.00 **to 6.00** AM **Lock N' Load with R Lee Ermey**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Hitler's Slaves: Forced Labour Under the Nazis**
11.55 **9/11: The Miracle Survivor** As 6.25pm.
1.00 PM **9/11: Escape from the Impact Zone**
2.00 **Hitler's Slaves: Forced Labour Under the Nazis**
5.25 **The Lost Hero of 9/11**
6.25 **9/11: Escape from the Impact Zone** Five people who survived the 2001 terrorist attacks.
7.25 **9/11: The Miracle Survivor** A man who survived the collapse of the World Trade Centre.
8.35 **America After 9/11** 1/2. A look at how the events of 11 September 2001 ushered in an era of fear, mistrust and division in America
11.00 **The Lost Hero of 9/11**
12.00 M'T **9/11: Escape from the Impact Zone**
1.00 **to 2.00** AM **9/11: The Miracle Survivor**

CI

166 166 839 209

6.00 AM **On the Case with Paula Zahn** Triple bill.
9.00 **Killer in Plain Sight**
12.00 NOON **The Real Murders of Atlanta**
4.00 PM **Murdered By Morning** Triple bill.
7.00 **Robbie Coltrane's Critical Evidence** The murder of Welsh teenager Karen Price. **8.00** The case of Lorenzo Simon, who murdered his best friend.
9.00 **When Missing Turns to Murder** Focusing on the examining the case of Carole Packman.
10.00 **Buried in the Backyard** The disappearance of a boutique motel owner.
11.00 **Court Cam** Double bill.
12.00 M'T **I Survived a Crime**
1.00 AM **Murdered By Morning** Double bill.
3.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

SATURDAY Films

Saturday

Sky Cinema Premiere

301 301 848 401 501 515

7.00 AM **The Cinema List**
7.15 **King Richard** As 8.00pm.
10.00 **PREMIERE Sundown** (2021)
11.40 **Resident Evil: Welcome to Raccoon City** As 12.15am.
1.45 PM **Clifford the Big Red Dog** Adventure with Jack Whitehall. (2021, PG, 96min) ★★★
3.40 **Dual** Thriller with Karen Gillan. (2022, 15, 94min) ★★★★
5.30 **The Survivor** Fact-based drama starring Ben Foster. (2021, 15, 129min) ★★★★

10.35 Sundown

8 PM **8.00** **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith, Jon Bernthal, Aunjanue Ellis, Saniyya Sidney and Demi Singleton. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **10.35** **PREMIERE Sundown** Drama starring Tim Roth, Albertine Kotting McMillan and Samuel Bottomley. (2021, 15, 82min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **12.15** AM **Resident Evil: Welcome to Raccoon City** Sci-fi horror. (2021, 15, 107min) ★★★
2.15 **The Electrical Life of Louis Wain** Biographical drama. (2021, 12, 111min) ★★★★
4.25 **to 6.05** AM **Dual** As 3.40pm.

11 PM

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.30 AM **Just Go With It** Romantic comedy. (2011, 12, 116min) ★
8.40 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
10.55 **xXx** Espionage action thriller. (2002, 12, 124min) ★★
1.15 PM **Foxcatcher** Fact-based drama starring Steve Carell. (2014, 15, 129min) ★★★★
3.45 **An American Pickle** Comedy. (2020, 12, 88min) ★★★
5.25 **Tenet** Fantasy action thriller. (2020, 12, 150min) ★★★★★

9.55 Old Henry

8.00 **Venom: Let There Be Carnage** Fantasy sequel starring Tom Hardy. Eddie Brock attempts to re-ignite his career by interviewing a serial killer, who then becomes the host of another symbiote. (2021, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

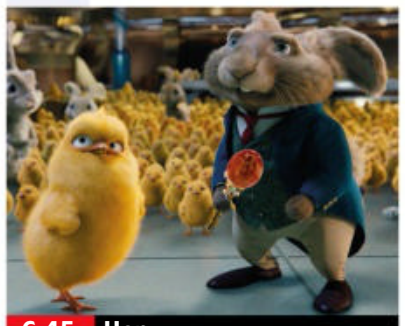
9.55 **Old Henry** Western thriller starring Tim Blake Nelson. A farmer takes in a mysterious injured man carrying a satchel of cash. (2021, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Malignant** Horror starring Annabelle Wallis, Maddie Hasson and George Young. (2021, 18, 111min) ★★★★
1.40 AM **The Colour Room** Period drama with Phoebe Dynevor. (2021, PG, 109min) ★★★★
3.40 **Cranston Academy: Monster Zone** Animated adventure with the voice of Jamie Bell. (2020, PG, 85min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

6.45 AM **The Adventures of Sharkboy and Lavagirl** Fantasy. (2005, U) ★★★
8.25 **The Borrowers** (1997) ★★★★
10.00 **Hop** As shown at 6.45pm.
11.40 **The Prince & Me** As 8.25pm.
1.35 PM **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
3.20 **Paddington** Family comedy. (2014, PG, 95min) ★★★★
5.00 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
6.45 **Hop** Comedy. (2011, U) ★★★


6.45 Hop

8.25 **The Prince & Me** Romantic comedy starring Julia Stiles and Luke Mably. A career-minded American student falls in love with a fellow student, little realising that he is actually the Crown Prince of Denmark. (2004, PG, 111min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

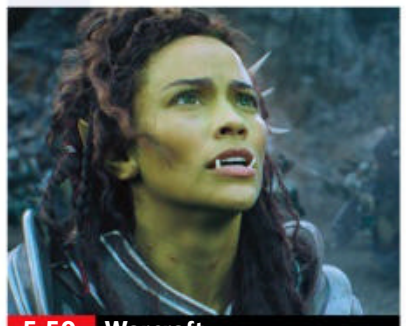
10.20 **Garfield** Live-action comedy starring Jennifer Love Hewitt and featuring the voice of Bill Murray. (2004, U, 80min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Max Winslow and the House of Secrets** Sci-fi thriller starring Chad Michael Murray. (2019, 12, 98min) ★
1.25 AM **Bandslam** Comedy drama with Gaelan Alexander Connell. (2009, PG, 110min) ★★★
3.20 **Pinocchio** Italian adaptation of the classic tale. Subtitled. (2019, PG, 125min) ★★★★
5.30 **to 7.00** AM **Garfield** (2004)

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **The Cinema List**
6.15 **Abduction** (2019, 15) ★★
8.00 **Survive The Night** As 4.30am.
9.35 **American Night** As 2.25am.
11.40 **Looper** (2012, 15) ★★★★
1.40 PM **The Cinema List: Mystery**
1.55 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
3.50 **A Walk Among the Tombstones** Crime thriller. (2014, 15, 111min) ★★★
5.50 **Warcraft** Fantasy adventure. (2016, 12, 123min) ★★★


5.50 Warcraft

8.00 **The Matrix: Resurrections** Sci-fi action thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson – aka Neo – has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

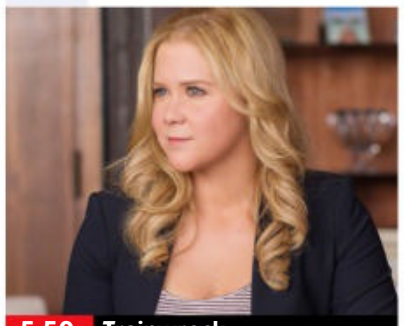
10.35 **Mortal Kombat** Fantasy action adventure starring Lewis Tan. An MMA fighter seeks out Earth's greatest champions to compete in a high-stakes battle for the universe. (2021, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Total Recall** Sci-fi thriller. (1990, 15, 109min) ★★★
2.25 **American Night** Crime drama. (2021, 15, 123min) ★★★
4.30 **to 6.00** AM **Survive The Night** Thriller. (2020, 15, 90min) ★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Locked Down** As 1.45am.
8.45 **Superintelligence** As 11.50pm.
10.35 **The Fighting Temptations** Drama starring Cuba Gooding Jr. (2003, PG, 123min) ★★★
12.40 PM **The Guilt Trip** Comedy. (2012, 12, 95min) ★★★
2.20 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★
4.10 **Get Over It** Musical comedy. (2001, 12, 86min) ★★
5.50 **Trainwreck** Comedy drama. (2015, 15, 124min) ★★★


5.50 Trainwreck

8.00 **The Golden Child** Adventure fantasy starring Eddie Murphy and Charlotte Lewis. A professional child-finder battles evil forces to save a Tibetan holy boy. (1986, PG, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Bewitched** Romantic comedy fantasy starring Nicole Kidman, Will Ferrell, Shirley MacLaine and Michael Caine. (2005, PG, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Superintelligence** Sci-fi comedy with Melissa McCarthy. (2020, 12, 106min) ★★★
1.45 AM **Locked Down** Crime comedy starring Chiwetel Ejiofor and Anne Hathaway. (2021, 15, 118min) ★★
3.55 **Kill Ben Lyk** Comedy thriller starring Martyn Ford. (2018, 15, 77min) ★★★
5.25 **to 6.50** AM **A Guide to Second Date Sex** Comedy. (2018, 15, 98min) ★★

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **The Theory of Everything** Biopic. (2014, 12) ★★★★
8.10 **No Country for Old Men** Thriller. (2007, 15, 117min) ★★★★
10.25 **Invasion of the Body Snatchers** Sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
12.00 NOON **Saving Private Ryan** War drama. (1998, 15) ★★★★★
3.00 PM **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Wild Thornberrys Movie**
7.30 **Wheely** Animated comedy. (2018, PG, 90min) ★
9.10 **Open Season** Animation. (2006, PG, 86min) ★★★★
10.40 **Tarzan** As shown at 8.25pm.
12.20 PM **The Wild Thornberrys Movie** Animated adventure. (2002, U, 85min) ★★★★
1.50 **The Reef 2: High Tide** Animated sequel. (2013, U, 80min) ★★

TCM Movies

315 415 416

6.00 AM **Hollywood's Best Directors**
7.45 **Off Set** With Ben Miller.
8.05 **Sugarfoot** 4-8/20. (S2)
1.40 PM **The Pearl of Death** Sherlock Holmes thriller. (1944, b/w, PG, 69min) ★★★
3.00 **Gun for a Coward** Western. (1956, U, 88min) ★★
4.55 **Cave of Outlaws** Western with Macdonald Carey and Alexis Smith. (1951, U, 76min) ★★

Talking Pictures

328 445 82 306

6.00 AM **Wings Over Africa** Adventure. (1936, b/w, PG) ★★
7.15 **The Crooked Sky** (1957, PG) ★★
8.45 **The Good for Nothing**
9.00 **Looney Tunes**
9.10 **Hawkeye & the Last of the Mohicans** (S1)
9.40 **The Lone Ranger** 15/52. (S1)
10.10 **Stories From Toytown**
10.25 **Cry Wolf** (1968, U) ★★★
11.30 **The Adventures of Robin Hood**

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

primetime

5.55 **The Last of the Mohicans** Epic romantic adventure starring Daniel Day-Lewis. (1992, 15, 122min) ★★★★
8.00 **Collateral** Thriller starring Tom Cruise and Jamie Foxx. A contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★
10.00 **Manhunter** Thriller with Brian Cox and William L Petersen. (1986, 18, 118min) ★★★★

12.15 AM **Interview with the Vampire** Gothic horror thriller starring Tom Cruise and Brad Pitt. (1994, 18, 122min) ★★★★
2.30 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
4.50 **to 6.00** AM **Tom Cruise: Movie Maverick**

3.20 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 89min) ★★★
5.00 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
6.45 **Mr Peabody & Sherman** Animation featuring the voices of Ty Burrell and Max Charles. (2014, U, 97min) ★★★★
8.25 **Tarzan** Animated adventure. (2013, PG, 94min) ★★
10.05 **The Ogglies** Animation. (2021, PG, 85min) ★★

11.45 **Jack and the Cuckoo-Clock Heart** Animation. (2013, PG) ★★
1.25 AM **Curious George: Royal Monkey** Animated adventure. (2019, U, 86min) ★★
3.00 **The Giant Pear** Animation. (2017, U, 79min) ★★
4.25 **to 6.00** AM **The Ogglies** (2021)

6.30 **Operation Daybreak** World War Two drama starring Timothy Bottoms and Martin Shaw. (1975, 15, 104min) ★★★
9.00 **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. (2013, 12, 143min) ★★★

11.55 **Swordfish** Action thriller with John Travolta and Hugh Jackman. (2001, 15, 99min) ★★★
2.00 AM **Close Up** Six editions.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

12.00 NOON **The Phantom Planet** Adventure. (1961, b/w, PG) ★★
1.40 PM **Night Boat to Dublin** Spy thriller. (1945, b/w, PG) ★★
3.35 **North West Frontier** Adventure story. (1959, U, 129min) ★★★
6.10 **X the Unknown** Horror thriller. (1956, b/w, PG, 80min) ★★
7.45 **Look at Life** Documentary.
8.00 **Maigret** 13/13. (S2)
9.05 **The Weapon** Thriller with Steve Cochran. (1956, b/w, PG) ★★
10.45 **Futureworld** Sci-fi thriller. (1976, PG, 104min) ★★★

12.55 AM **Bruce Lee: Martial Arts Master** Documentary.
2.05 **The Legend of the Lone Ranger** Western. (1981, PG) ★★
3.55 **Demobbed** Vintage comedy. (1944, b/w, U, 96min) ★★
5.40 **to 6.00** AM **The Blue Streak Rocket**

5.00 PM **Empire of the Sharks** Sci-fi thriller. (2017, 15, 86min) ★
6.50 **This is HorrorXtra**
7.00 **Geo-Disaster** Sci-fi drama starring Matthew Pohlkamp. (2017, 12, 110min) ★
8.50 **This is HorrorXtra**
9.00 **The Midnight Man** Horror starring Robert Englund. A teenager and her friend are thrown into a living nightmare when a game they discover in an attic releases a terrifying creature. (2016, 15, 95min) ★★

10.50 **The Void** Thriller starring Aaron Poole and Kenneth Welsh. (2016, 18, 90min) ★★
12.40 AM **This is HorrorXtra**
12.50 **Empire of the Sharks** As 5pm.
2.40 **to 3.00** AM **This is HorrorXtra**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Into the Labyrinth** Mystery with Dustin Hoffman. (2019, 15, 130min) ★★★★
8.15 **Antebellum** As 3.50am.
10.15 **Every Breath You Take**
12.15 PM **Vantage Point** Thriller. (2008, 12, 90min) ★★★
1.55 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
4.00 **Baby Driver** Action thriller. (2017, 15, 112min) ★★★★
6.00 **Limitless** Action thriller. (2011, 15, 104min) ★★★★

8.00 The Manchurian Candidate

8.00 **The Manchurian Candidate** Thriller remake starring Liev Shreiber and Denzel Washington. A Gulf War hero wins the US vice-presidential nomination, but he is being manipulated by a sinister corporation. With Meryl Streep. (2004, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Those Who Wish Me Dead** Crime drama starring Angelina Jolie. (2021, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Confessions of a Dangerous Mind** Offbeat biopic directed by George Clooney and starring Sam Rockwell. (2002, 15, 113min) ★★★
1.55 AM **Every Breath You Take** Thriller starring Casey Affleck. (2021, 15, 105min) ★★★
3.50 **Antebellum** Horror mystery starring Janelle Monae. (2019, 15, 105min) ★★
5.45 **to 6.00** AM **The Cinema List: Mystery**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Let Him Go** Crime drama. (2020, 15, 113min) ★★★
8.00 **The World to Come** Drama. (2020, 15, 105min) ★★★★
10.00 **Into the Wild** Drama. (2007, 15, 147min) ★★★★
12.30 PM **Akeelah and the Bee** Drama. (2006, 12) ★★★★
2.30 **54** Drama. (1998, 15) ★
4.15 **Marley & Me** Comedy drama. (2008, PG, 115min) ★★★
6.15 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★

6.15 Finding Neverland

8.00 **Hardball** Sports drama starring Keanu Reeves and Diane Lane. An unemployed gambler takes on a job coaching a youth baseball team in order to get out of debt. With John Hawkes. (2001, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Dirty Pretty Things** Thriller starring Chiwetel Ejiofor and Audrey Tautou. (2002, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **American Beauty** Oscar-winning satirical comedy starring Kevin Spacey and Annette Bening. (1999, 18, 122min) ★★★★★
1.50 AM **54** As shown at 2.30pm.
3.30 **The Water Diviner** Period drama directed by and starring Russell Crowe, with Olga Kurylenko and Yilmaz Erdoga. (2014, 15, 111min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.00 AM **LX 2048** Sci-fi drama. (2020, 15, 103min) ★★★
7.45 **Battle: Los Angeles** As 4am.
9.45 **Godzilla** As 1.35am.
12.05 PM **Hulk** Sci-fi fantasy. (2003, 12, 138min) ★★★
2.25 **The Conjuring: The Devil Made Me Do It** Horror sequel. (2021, 15, 112min) ★★★
4.20 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
6.20 **Sorority Row** Horror thriller. (2009, 15, 100min) ★★

6.20 Sorority Row

8.05 **Knowing** Sci-fi mystery thriller starring Nicolas Cage. An astrophysicist discovers a list of numbers that seem to predict future disasters. With Rose Byrne. (2009, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

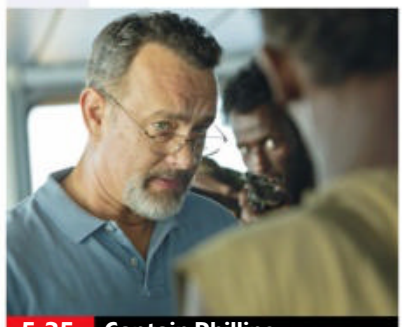
10.10 **Candyman** Horror based on a story by Clive Barker starring Virginia Madsen. (1992, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The New Mutants** Superhero adventure starring Maisie Williams and Anya Taylor-Joy. (2020, 15, 94min) ★★★
1.35 AM **Godzilla** Hollywood remake of the Japanese monster movie, with Matthew Broderick and Jean Reno. (1998, PG, 139min) ★★★
4.00 **to 6.00** AM **Battle: Los Angeles** Sci-fi adventure starring Aaron Eckhart. (2011, 12, 116min) ★★★

Sky Cinema True Stories

302 302 856 402 502 516

6.30 AM **The United States vs. Billie Holiday** Biopic. (2021, 15, 130min) ★★★
8.45 **Sands of Iwo Jima** Adventure. (1949, b/w, PG, 109min) ★★★
10.40 **Flight** Drama starring Denzel Washington. (2012, 15) ★★★★
1.00 PM **The Terminal** Comedy drama. (2004, 12) ★★★★
3.25 **Minari** Romantic drama. (2020, 12, 115min) ★★★★
5.35 **Captain Phillips** Thriller. (2013, 12, 131min) ★★★★★


5.35 Captain Phillips

8.00 **The Impossible** Disaster drama with Naomi Watts and Ewan McGregor. A family on holiday in Thailand in December 2004 struggle to survive after their beach resort is struck by the Indian Ocean tsunami. (2012, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Danish Girl** Period drama starring Eddie Redmayne and Alicia Vikander. An artist in 1920s Copenhagen becomes one of the first people to undergo sex reassignment surgery. (2015, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Straight Outta Compton** Biopic with O'Shea Jackson Jr. (2015, 15, 157min) ★★★
2.30 AM **Coach Carter** Drama. (2004, 12, 136min) ★★★
4.50 **to 6.35** AM **Six Minutes to Midnight** Historical thriller. (2020, 12, 99min) ★★★

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Leap Year** Romantic comedy starring Amy Adams. (2009, PG, 96min) ★
1.05 PM **Teen Wolf** Teen comedy. (1985, PG, 90min) ★★★
2.55 **Jumper** Sci-fi action thriller. (2008, 12, 84min) ★★★
4.40 **Deep Impact** Disaster movie. (1998, 12, 123min) ★★★★
7.00 **Fantastic Four** Superhero adventure with Miles Teller. (2015, 12, 100min) ★★

9.00 Alien: Covenant

8 PM **Fantastic Four** (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Alien: Covenant** Sci-fi thriller starring Katherine Waterston and Michael Fassbender. A crew of colonists sent to populate an alien planet have their mission diverted by a mysterious signal. With Danny McBride. (2017, 15, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.20** **Memory: The Origins of Alien** Documentary about the making of and influences behind Ridley Scott's Oscar-winning sci-fi classic *Alien*. (2019, 15, 95min) ★★★★
1.10 **to 4.00** AM **13 Hours: The Secret Soldiers of Benghazi** Fact-based action thriller starring John Krasinski. (2016, 15, 144min) ★★★

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **The Whip Hand** Thriller. (1951, b/w, PG, 82min) ★★
7.35 **The Case of the Frightened Lady** Suspense drama. (1940, b/w, PG, 80min) ★★
9.15 **The Las Vegas Story** Thriller. (1952, b/w, PG, 88min) ★★
11.00 **The Locket** Psychological drama. (1946, b/w, PG, 85min) ★★
12.50 PM **Oxford Blues** Comedy. (1984, 15, 130min) ★★

3.00 **The Big Steal** Chase thriller. (1949, b/w, PG, 72min) ★★★
4.30 **Where Angels Fear to Tread** Drama. (1991, PG, 118min) ★★
6.50 **The Return of the Soldier** Wartime drama starring Julie Christie and Alan Bates. (1982, PG, 102min) ★★★★
9.00 **Priest of Love** Biopic starring Ian McKellen as author DH Lawrence. With Janet Suzman. (1980, 15, 120min) ★★★
11.10 **The Stud** Drama starring Joan Collins. (1978, 18, 90min) ★

1.00 AM **Tycoon** Action adventure. (1947, U, 129min) ★★
3.35 **Candlelight in Algeria** Thriller. (1943, b/w, PG, 85min) ★★★
5.00 **to 6.00** AM **The War in the Jungle**

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.10 AM **Concrete Evidence: A Fixer Upper Mystery** Crime drama. (2017, PG, 90min) ★★
11.00 **Killer Student** Mystery thriller. (2017, 12, 90min) ★★
1.00 PM **Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
2.50 **The Hot Potato** Comedy crime caper. (2010, PG, 95min) ★★
4.55 **The Heist** Crime comedy. (2008, 12, 90min) ★★★

6.45 **The Cobbler** Comedy fantasy starring Adam Sandler. A shoe repairer stumbles upon a magical heirloom that allows him to step into the lives of his customers and see the world in a new way. (2014, 12, 98min) ★★
9.00 **The Drop** Crime drama starring Tom Hardy and Noomi Rapace. A bartender who secretly works for gangsters gets involved in a robbery gone wrong that digs up long-buried secrets. (2014, 15, 107min) ★★★★

11.15 **Get Carter** Thriller remake. (2000, 15, 102min) ★★★
1.30 AM **Extortion** Drama. (2016, 15, 108min) ★★
3.55 **to 6.00** AM **Hannah's Law** Western. (2012, PG) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Combat Squad** War drama. (1953, PG, 72min) ★★
7.35 **Suicide Mission** Wartime drama. (1956, U, 69min) ★★
9.05 **Castle Keep** War adventure. (1969, 15, 107min) ★★★
11.15 **The Enemy General** War drama. (1960, b/w, U, 74min) ★★
12.55 PM **The Bamboo Prison** War drama starring Robert Francis. (1954, PG, 79min) ★★

2.35 **The Mountain Road** Adventure. (1959, U, 120min) ★★
4.45 **One Minute to Zero** War drama. (1952, b/w, PG, 106min) ★★
6.55 **The Dirty Dozen: The Fatal Mission** Action sequel starring Telly Savalas and Ernest Borgnine. (1988, PG, 91min) ★
9.00 **Sniper Elite** Adventure starring Matthew Reese. A marksman in a war against aliens has a crisis of conscience when he meets an enemy soldier left for dead. (2014, 15, 91min) ★★

10.55 **Final Recall** Thriller with Wesley Snipes. (2017, 15, 90min) ★
12.45 AM **Southern Fury** Crime thriller. (2017, 18, 97min) ★★
2.50 **to 4.00** AM **The Traitors** Spy drama. (1962, b/w, PG) ★★★

+1 hour 324

Movies 24

325 419

7.00 AM **Good Morning Christmas!**
9.00 **Mistletoe Magic** As 9.00pm.
11.00 **A Very Merry Bridesmaid**
1.00 PM **Christmas for Keeps**
3.00 **If I Only Had Christmas** Festive drama starring Candace Cameron Bure and Warren Christie. (2020, PG, 84min) ★
5.00 **Christmas on the River** Romantic comedy starring Jana Kramer. (2019, PG, 88min) ★★

7.00 **Good Morning Christmas!** Romantic drama starring Alison Sweeney and Marc Blucas. Two squabbling TV hosts are sent to a festive small town over Christmas. With Ian Collins. (2020, PG, 84min) ★★
9.00 **Mistletoe Magic** Romantic drama starring Jessica Sipos. When a woman mistakenly donates her family's prized mistletoe to charity, she enlists a friend to help retrieve it. (2019, PG, 85min) ★★

11.00 **A Very Merry Bridesmaid** Drama. (2021, PG, 90min) ★★
1.00 AM **Christmas for Keeps** Drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **If I Only Had Christmas** As 3.00pm.

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

6.30 PM **The Horse Soldiers** *5Action* Western with John Wayne. ★★
6.50 **Night at the Museum 2** *E4* Fantasy comedy sequel. ★★★
6.50 **Dante's Peak** *5STAR* ★★★
7.00 **Dad's Army** *BBC2 (Wales: 6.30pm)* Comedy. ★★★★
7.00 **Asteroid-a-geddon** *Syfy* ★★
7.00 **Senna** *Sky Documentaries* The life of Ayrton Senna. ★★★★
7.05 **Legally Blonde** *ITV2* ★★★
7.15 **Happy Gilmore** *Comedy Central* Sports comedy. ★★★
8.00 **For Your Eyes Only** *ITV* ★★★
8.00 **Apollo 13** *ITV4* Drama. ★★★★
9.00 **Bad Boys II** *Sky Showcase* ★★★
9.00 **Gone in Sixty Seconds** *5STAR* Thriller with Nicolas Cage. ★★★
9.00 **Liar Liar** *Comedy Central* Comedy with Jim Carrey. ★★★★
9.00 **Sliding Doors** *BBC3* Drama with Gwyneth Paltrow. ★★★★
9.00 **Wild Card** *5Action* Thriller. ★★★
9.30 **Rocketman** *Channel 4* ★★★★
10.05 **Backtrace** *Syfy* Thriller. ★★★
10.50 **Collateral** *ITV* Thriller. ★★★★
10.50 **True Grit** *ITV4* Western. ★★★★
11.05 **Maximum Risk** *5Action* ★★
11.15 **The Warriors** *5STAR* ★★★
11.20 **Legend** *BBC1* Biopic. ★★★

Saturday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 LIVE **International Rugby Union New Zealand v Ireland.** From Eden Park. Kick-off **8.05am**. *See feature, page 29.*
10.15 LIVE **International Rugby Union Australia v England.** From Optus Stadium. Kick-off **10.55am**. *See feature, page 29.*
1.10 PM LIVE **W Series** Coverage of the fourth round of the season at Silverstone. Start-time **1.25pm**.
2.10 LIVE **Formula 1** Coverage of the British Grand Prix qualifying session. Start-time **3.00pm**.
4.00 LIVE **International Rugby Union South Africa v Wales.** From Loftus Versfeld. Kick-off **4.05pm**. *See feature, page 29.*
6.30 **International Rugby Union** Highlights of Australia v England.
7.30 LIVE **International Rugby Union Argentina v Scotland.** At Estadio 23 de Agosto. Kick-off **8.10pm**. *See feature, page 29.*
10.30 **Sky Sports News**
5.00 **to 7.00** AM LIVE **NRL New Zealand Warriors v Wests Tigers.** Kick-off **5.00am**.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Soccer AM: The Best Bits**
10.00 **Premier League** A re-run of Leicester City v Burnley.
12.00 NOON **Premier League** Liverpool v Crystal Palace.
2.00 PM **Premier League** Manchester City v Norwich.
4.00 **Premier League** Manchester United v West Ham United.
6.00 **Premier League** A re-run of Newcastle United v Burnley.
8.00 **Premier League** A replay of Norwich City v Leicester City.
10.00 **Premier League 100 Club** The best of Andy Cole's 187 goals in the Premier League.
10.30 **Premier League Icons** A profile of Eden Hazard.
11.00 **PL Retro** Leeds United v Liverpool from 2000.
1.00 AM **Premier League Years** A look at memorable moments from the 2010/11 season.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 00/01**
5.00 **Best PL Goals: North London Derby**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Greatest Games**
7.00 **EFL Trophy Semi Final Hlts**
8.00 **EFL Trophy Football**
11.30 **EFL Highlights** Back-to-back editions featuring Bournemouth's Championship matches from last season, including at:
7.30 PM A look back at action from Bournemouth v Reading.
7.45 Action from Huddersfield Town v Bournemouth.
8.00 Bournemouth v Bristol City.
8.15 Action from West Bromwich Albion v Bournemouth.
8.30 Action from Sheffield United v Bournemouth.
8.45 A look back at action from Bournemouth v Middlesbrough.
9.00 A look back at action from Coventry City v Bournemouth.
9.15 Bournemouth v Fulham.
9.30 Action from Blackburn Rovers v Bournemouth.
9.45 Bournemouth v Millwall.
10.00 **EFL Cup** Highlights of Chelsea v Liverpool in last season's final.
11.00 **Best Goals: EFL Cup 2021-22** The greatest strikes from last season's competition.
11.30 PM **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Dinesh Karthik Meets**
6.45 **Test Cricket Bitesize**
7.00 **Test Cricket** England v India.
8.00 **The Fletcher Years**
8.30 **Test Cricket** England v India: Highlights of the first day of the rearranged fifth and final Test in the series, which is taking place at Edgbaston, Birmingham.
9.30 **Test Cricket Bitesize**
9.45 LIVE **Test Cricket England v India.** Coverage of day two of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
6.25 PM LIVE **Vitality T20 Blast Cricket Essex Eagles v Glamorgan.** Coverage of the South Group match from The Cloud County Ground, Chelmsford.
10.00 **Test Cricket** England v India: A look back at highlights of the second day of the fifth and final Test in the series, which is taking place at Edgbaston, Birmingham.
11.00 **Test Cricket Bitesize**
11.15 **Dinesh Karthik Meets**
12.00 M'T **Test Cricket**
1.00 AM **Vitality T20 Blast Cricket**
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **DP World Tour Golf**
7.00 **PGA Tour Golf**
10.00 **Chronicles of a Champion Golfer** Profile of Phil Mickelson.
10.30 **DP World Tour Golf** Action from the second day of the Irish Open.
11.30 LIVE **Ladies European Tour Golf** The third day of the Amundi German Masters, which takes place at Golf and Country Club Seddiner See e. V. in Michendorf.
1.00 PM LIVE **DP World Tour Golf** Coverage of the third day of the Irish Open, taking place at Mount Juliet Estate in County Kilkenny.
5.30 LIVE **PGA Tour Golf** Coverage of day three of the John Deere Classic, taking place at TPC Deere Run in Silvis, Illinois.
11.00 **DP World Tour Golf** Highlights of the third day of the Irish Open.
12.00 M'T **US Open Official Films** The story of the 2008 Major.
1.00 AM **DP World Tour Golf**
2.00 **Chronicles of a Champion Golfer** Double bill of editions.
3.00 **DP World Tour Golf**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

7.30 AM **ESPN FC** Football news.
8.00 **WWE NXT UK**
9.00 **WWE Friday Night SmackDown**
10.30 **Premier League Stories**
11.00 **FIH Hockey Women's World Cup** Spain v Canada.
12.00 NOON **Fishing: On the Bank** Rob Hughes and Andy Ford present their summer special.
1.00 PM LIVE **World Seniors Darts Matchplay** Coverage of the afternoon session on day two of the tournament, which takes place at the Bonus Arena in Hull.
5.00 LIVE **FIH Hockey Women's World Cup Argentina v South Korea.** Coverage of the Pool C match from Estadi Olimpic de Terrassa. Push-back **5.00pm**.
7.00 LIVE **BT Sport Fight Night** Coverage of a top boxing bout.
12.00 M'T **UFC Countdown**
1.00 AM LIVE **UFC** Coverage of the preliminary bouts for UFC 276.
3.00 **to 7.00** AM LIVE **UFC Israel Adesanya v Jared Cannonier.** Coverage of the middleweight bout, which takes place at T-Mobile Arena in Las Vegas, Nevada, plus the undercard.

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **Test Cricket Highlights**
8.00 **FIH Hockey Women's World Cup** Spain v Canada.
9.00 **V10 R-League**
10.00 LIVE **AFL Gold Coast Suns v Collingwood Magpies.** Bounce-up **10.25am**.
1.00 PM LIVE **FIH Hockey Women's World Cup New Zealand v China.** The Pool B match. Push-back **1.00pm**.
3.00 **ESPN FC** Football news.
3.30 LIVE **FIH Hockey Women's World Cup Germany v Chile.** Coverage of the Pool A match. Push-back **3.30pm**.
5.30 **Canadian Premier League**
6.30 **UEFA Champions League**
7.00 LIVE **World Seniors Darts Matchplay** The evening session on day two of the tournament from the Bonus Arena in Hull.
11.00 **Too Good to Go Down**
12.45 AM **Manchester United Classics**
1.45 **V10 R-League**
2.45 **BT Sport Reload**
3.00 **West Indies v England – Cricket Classics**
5.30 **to 6.00** AM **Badminton Unlimited**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM LIVE **Badminton** Coverage of the Malaysia Open semi-finals, as the HSBC BWF World Tour Super 750 event continues at Axiata Arena in Kuala Lumpur.
2.30 PM **Badminton Unlimited**
3.00 **MotoGP Rewind** Action from the Grand Prix of Assen.
3.15 **Fishing: On the Bank** With Rob Hughes and Andy Ford.
4.15 **AFL** Action from Essendon Bombers v Sydney Swans.
6.15 LIVE **T20 Cricket West Indies v Bangladesh.** Coverage of the first T20 in the three-match series from Windsor Park Stadium in Dominica.
10.00 **WWE Friday Night SmackDown**
11.30 **Sport in Focus**
11.45 **MotoGP Rewind**
12.00 M'T LIVE **MLB Los Angeles Dodgers v San Diego Padres.** Coverage of the National League West match from Dodger Stadium. Start-time **12.15am**.
3.30 AM **The Football Archives**
5.00 **Gallagher Premiership Rugby Union** A look back at the best tries of the 2021/22 season.
5.30 **to 6.00** AM **Heineken Champions Cup**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Rugby Greatest Games**
7.30 LIVE **International Rugby Union New Zealand v Ireland.** The first of three Tests, which comes from Eden Park. Kick-off **8.05am**. *See feature, page 29.*
10.15 LIVE **International Rugby Union Australia v England.** The first of three Tests, held at Optus Stadium in Perth. Kick-off **10.55am**. *See feature, page 29.*
1.30 PM **NFL Bitesize Highlights**
2.30 **Rugby Greatest Games**
3.00 **Betfred Super League Highlights** Recent action.
3.30 LIVE **International Rugby Union South Africa v Wales.** The first of three Tests, held at Loftus Versfeld. Kick-off **4.05pm**. *See feature, page 29.*
6.30 **International Rugby Union**
7.30 LIVE **International Rugby Union Argentina v Scotland.** The first of three Tests, held at Estadio 23 de Agosto. Kick-off **8.10pm**. *See feature, page 29.*
10.30 **Top Rank Boxing Archive**
11.00 **International Rugby Union**
4.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Super League Highlights**
7.45 **Netball Superleague**
10.00 **WNBA**
11.45 **Super League Highlights**
12.00 NOON **Women's Test Cricket**
1.00 PM **My Icon** Kadeen Corbin.
1.10 LIVE **W Series** Coverage of the fourth round of the season at Silverstone. Start-time **1.25pm**.
2.15 **Super League Highlights**
3.30 LIVE **Indycar** Coverage of the latest Indycar action.
4.30 **Super League Highlights**
4.45 **Super League Gold**
4.55 LIVE **Betfred Super League Catalans Dragons v St Helens.** Coverage from Stade Gilbert Brutus. Kick-off **5.00pm**.
7.00 **Top Rank Boxing Archive**
7.30 **Fight Night International** George Kambosos Jr v Devin Haney. **8.30** Highlights of Edgar Berlanga v Alexis Angulo. **9.30** Action from Artur Beterbiev v Joe Smith Jr.
10.30 **International Rugby Union**
11.30 **Top Rank Boxing Archive**
12.00 M'T **Fight Night International**
1.00 AM **Premier League 100 Club**
2.00 **to 6.00** AM **Premier League Years**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **Highlights**
9.30 LIVE **Motorsport: DTM** Race one qualifying from the Norisring.
10.00 **NHRA Drag Racing Highlights**
11.00 **MLB Quick Pitch**
12.00 NOON **BT Sport Reload**
12.15 PM LIVE **Motorsport: DTM** Race one from the Norisring.
1.45 **BT Sport Reload**
2.00 LIVE **DTM Trophy** Coverage of race one in Norisring, Germany.
3.00 **MLB: Rays @ Blue Jays**
6.00 **Formula Regional European Championship**
6.30 LIVE **FIH Hockey Women's World Cup Netherlands v Ireland.** Push-back **6.30pm**.
8.30 **MLB Plays of the Week**
9.00 LIVE **MLB San Francisco Giants v Chicago White Sox.**
12.30 AM LIVE **CFL Saskatchewan Roughriders v Montreal Alouettes.** From Mosaic Stadium.
3.00 **to 6.00** AM **Highlights**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The Breakaway**
7.00 **Cycling: Giro d'Italia Women**
8.00 **Tennis: Wimbledon**
9.35 **Cycling: Tour de France**
10.30 **Tour de France: The Breakaway**
11.00 LIVE **Cycling: Tour de France** Coverage of stage two.
4.45 PM **Cycling: Giro d'Italia Women**
6.15 **Cycling: Paris-Roubaix**
6.30 **Discovery Golf**
7.00 **Cycling: Spanish Road Champs**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Cycling: Giro d'Italia Women**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: The Breakaway**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **Discovery Golf**
4.00 **Tennis: Wimbledon**
5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **British Speedway**
8.30 **Formula E**
9.30 LIVE **Formula E** The qualifying session for the Marrakesh ePrix.
11.20 **Jason O'Halloran: Behind the Visor**
11.30 **Tennis: Wimbledon**
1.00 PM **Climbing World Cup**
2.00 **British Speedway**
3.00 **Motocross World Championship**
4.00 **World Touring Car Cup**
4.30 LIVE **Formula E** The Marrakesh ePrix. Start-time **5.00pm**.
6.35 **Climbing World Cup**
7.30 LIVE **Show Jumping** The Global Champions Tour event from Monte-Carlo, Monaco.
9.40 **Roland-Garros**
10.00 **Tennis: Wimbledon**
11.30 **Olympics: Legends Live On**
12.30 AM **Cycling: Tour de France**
2.00 **Tennis: Wimbledon**
3.30 **Cycling: Tour de France**
4.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Drone Racing League**
8.00 **Super League Highlights**
8.30 LIVE **NRL North Queensland Cowboys v Brisbane Broncos.** From Queensland Country Bank Stadium. Kick-off **8.30am**.
10.30 **State of Origin Rugby League**
11.30 **Show Jumping**
12.30 PM **Super League Highlights**
1.00 **NBA Basketball**
4.00 **Show Jumping**
5.00 LIVE **GAA** A semi-final.
7.30 **Show Jumping**
8.30 **Fight Night International**
10.30 **International Rugby Union**
11.30 **Top Rank Boxing Archive**
12.00 M'T **Super League Highlights**
1.00 AM **State of Origin Rugby League**
2.00 **NBA Basketball**
4.00 **Super League Highlights**
5.00 **to 7.00** AM LIVE **NRL New Zealand Warriors v Wests Tigers.** From Mt Smart Stadium, Auckland. Kick-off **5.00am**.

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **Highlights**
9.50 LIVE **Formula 3** The sprint race from the British Grand Prix.
10.45 **Rachel Interviews Ricciardo**
10.50 **Sky F1 & Moss's Magnificent Machines**
11.00 **Legends of F1**
11.30 **Then & Now With Verstappen**
11.45 LIVE **Formula 1** The British Grand Prix third practice session.
1.10 PM LIVE **W Series** Round four at Silverstone. Start-time **1.25pm**.
2.10 LIVE **Formula 1** The British Grand Prix qualifying session at Silverstone. Start-time **3.00pm**.
4.55 LIVE **Formula 2** The sprint race from the British Grand Prix.
6.00 **The Notebook**
6.30 **Silverstone Track Guide**
6.40 **Sky F1 & Moss's Magnificent...**
6.50 **2008 British GP Revisited**
7.00 **The Notebook**
7.30 LIVE **Indycar** The Honda Indy 200 at Mid-Ohio qualifying session.
8.45 PM **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

Sunday

3 July

Evening Planner

Sunday

Motorsport

F1: British Grand Prix
C4, Sky Sports Main Event/F1/Showcase, from 1.30pm (race starts at 3pm)
Sir Lewis Hamilton will be hoping to make the most of his home advantage today

Tennis

Wimbledon
BBC1, BBC2 & BBC iPlayer, from 11am
As the Championships mark 100 years of Centre Court, play has been scheduled on 'Middle Sunday' for the very first time

Crime Drama

McDonald & Dodds
ITV, 8pm
The duo have some tough questions for a surgeon (guest star Sarah Parish) when an influencer dies during a routine op

Comedy Drama

Zola
Sky Cinema Premiere, 12.35am
Comedy drama about a young waitress (Taylour Paige, right) who is enticed into a Florida jaunt that descends into chaos

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 5.20 Wimbledon – Live: The seventh day		8.00 Top Gear		9.00 The Outlaws		10.00 News	10.30 Film: Rain Man
102 BBC2	7.00 Countryfile		8.00 Today at Wimbledon		9.00 Film: Dunkirk			10.40 Inside...
103 ITV	◂ 5.10 Film: Octopussy	7.35 News	8.00 McDonald & Dodds				10.00 News	10.20 Long Lost Family
104 CHANNEL 4	7.00 Film: Finding Your Feet				9.00 Joe Lycett's Big Pride Party			
105 CHANNEL 5	7.00 QE2: The World's Most Luxurious Hotel		8.00 Bargain Loving Brits by the Sea		9.00 The Cruise		10.00 Film: Shirley Valentine	
106 SKY SHOWCASE	7.00 F1: British Grand Prix		8.00 Shark with Steve Backshall		9.00 S.W.A.T.		10.00 NCIS: Los Angeles	
ENTERTAINMENT								
117 BBC3	7.00 EastEnders		8.00 Hungry for It		9.00 Britain's Teenage Drug...	9.45 High: Confessions of an...		10.30 Alex Scott...
116 BBC4	7.00 Cricket: Today at the Test		8.00 Summer Night Concert from Vienna			9.30 Lights Up 2: Rough Girls		
118 ITV2	◂ 5.30 Film: Spider-Man 2		8.00 Emergency Nurses: A&E Stories		9.00 Love Island		10.00 Love Island: Aftersun	
136 MORE4	◂ 6.55 Come Dine with Me		8.00 Geordie Hospital		9.00 Emergency Helicopter Medics		10.00 24 Hours in A&E	
135 E4	◂ 6.05 Film: Night at the Museum...		8.00 Young Sheldon		9.00 Film: Daddy's Home			
107 SKY WITNESS	7.00 Caught on Dashcam		8.00 The Good Doctor		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.45 True Detective				9.00 Das Boot		10.00 Westworld	
110 GOLD	7.00 Only Fools and Horses			8.20 Dad's Army	9.00 The Vicar of Dibley		10.00 All Round to Mrs Brown's	
111 DAVE	7.00 Expedition with Steve Backshall		8.00 QI XL		9.00 Have I Got a Bit More News for You		10.00 Film: Rambo	
119 ITV3	◂ 6.00 Midsomer Murders		8.00 Martin Clunes: Islands of the Pacific		9.00 Joanna Lumley's Great Cities of the...		10.00 Vera	
120 ITV4	7.00 Tour de France Highlights		8.00 Film: The Mummy					10.30 Film: Enemy...
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Austin Powers: International Man of Mystery			
152 SYFY	7.00 Film: Ape vs Monster				9.00 Grimm			
113 SKY MAX	7.00 An Idiot Abroad		8.00 A League of Their Own Road Trip...		9.00 S.W.A.T.		10.00 NCIS: Los Angeles	
132 ALIBI	7.00 My Life Is Murder				9.00 Death in Paradise		10.00 The Gulf	
130 SKY ARTS	7.00 Live from the Artists Den		8.00 Classic Artists: Jethro Tull					10.25 The Doobie...
DOCUMENTARY								
125 DISCOVERY	7.00 Ed Stafford: First Man Out		8.00 Expedition to the Edge		9.00 The Lost Lincoln			
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 The Last Alaskans	
129 NAT GEO	7.00 Killing Kennedy				9.00 Vikings: The Rise and Fall		10.00 Osama Bin Laden: The Last Days	
123 SKY HISTORY	7.00 Hunting Nazi Treasure				9.00 Vampire Skeletons		10.00 Lost Worlds	
155 YESTERDAY	7.00 Bangers and Cash		8.00 'Allo 'Allo!					10.20 Inside the Factory
121 SKY DOCS	◂ 6.10 Who Killed the KLF?		8.00 Scouting For Girls: Fashion's Darkest...		9.00 Tina			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Clifford the Big Red Dog		8.00 Last Seen Alive			9.50 King Richard		
303 HITS	◂ 6.00 The Fighter		8.00 Godzilla vs Kong				10.00 Malignant	
304 GREATS	◂ 6.10 Top Gun		8.00 The Last Samurai					10.35 Risky...
305 ANIMATION	◂ 6.35 Fireheart			8.15 The Boss Baby 2: Family Business			10.15 Hotel Transylvania 3...	
306 FAMILY	◂ 6.40 Peter Rabbit 2			8.20 Mr Magorium's Wonder Emporium			10.00 James and the Giant Peach	
307 ACTION	◂ 6.00 3 Days to Kill		8.00 The Equalizer 2				10.00 One Shot	
308 COMEDY	◂ 6.00 Chef		8.00 Swingers			9.45 Jack and Jill		
309 THRILLER	◂ 6.15 The Kid Detective		8.00 The Little Things				10.10 Girl	
310 DRAMA	◂ 6.15 Almost Famous				9.00 American Gangster			
311 SCI-FI	◂ 6.00 Pan's Labyrinth		8.00 Dune					10.35 Halloween...
302 TRUE STORIES	◂ 5.25 Straight Outta Compton		8.00 Coach Carter					10.20 Erin Brockovich
313 FILM4	◂ 6.30 Mortal Engines				9.00 Deadpool			
315 TCM MOVIES		7.15 Gun Fight			9.00 Kelly's Heroes			
SPORT								
401 MAIN EVENT	◂ 6.25 Vitality T20 Blast Cricket – Live: Coverage of a T20 match						10.00 PGA Tour Golf – Live	
402 PREMIER LEAGUE	◂ 6.00 Premier League						10.00 PL 100 Club	10.30 PL Icons
403 FOOTBALL	7.00 EFL Highlights		8.00 EFL...	8.30 EFL Highlights			10.00 MLS – Live	
404 CRICKET	◂ 6.25 Vitality T20 Blast Cricket – Live: Coverage of a T20 match						10.00 Test Cricket	
413 BT SPORT 1	7.00 World Seniors Darts Matchplay – Live: Coverage of the semi-finals of the tournament							
414 BT SPORT 2	◂ 6.15 T20 Cricket – Live: West Indies v Bangladesh						10.00 AFL	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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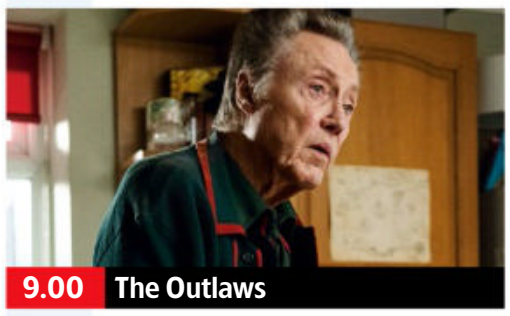
Sunday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.00 **Sunday Morning** (S)
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** (S)
11.30 **Songs of Praise** New edition Featuring music and worship from Leeds Cathedral. (S)
12.05 PM **BBC News** (S)
12.20 LIVE **Wimbledon** Sue Barker presents coverage of day seven at the All England Club, featuring the fourth round of the men's and ladies' singles competitions. *Coverage continues on BBC2*. (S)
5.00 **BBC News** (S)
5.20 LIVE **Wimbledon** Sue Barker presents further fourth round coverage on day seven from the All England Club. (S)
■ *Today at Wimbledon* follows on BBC2


9.00 The Outlaws

6 PM LIVE **Wimbledon** (started at 5.20pm)

7 PM

8 PM **8.00** **Top Gear** New edition 5/6. Freddie Flintoff, Chris Harris and Paddy McGuinness celebrate 100 years of the BBC by tackling 1920s-style motorsport. Plus, a look at the future of fuel. (S)

9 PM **9.00** **The Outlaws** New episode 5/6. Christian and Esme receive a surprise visit from their mother, while Rani's parents make a generous offer. (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM **10.00** **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Rain Man** Barry Levinson's Oscar-winning drama starring Dustin Hoffman and Tom Cruise. A self-centred car dealer kidnaps his autistic elder brother in a bid to claim his inheritance. With Valeria Golino and Jerry Molen. (S) (1988, 15, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.35 AM **Gardeners' World** Monty Don plants out sweetcorn. (S)(R)
7.35 **Countryfile** Charlotte Wilson visits Adam Henson's farm. (S)(R)
8.30 **Beechgrove** New edition Brian Cunningham and Carole Baxter answer viewers' questions. (S)
9.00 **Landward** New edition Highlights of the Royal Highland Show. (S)
9.30 **Saturday Kitchen Best Bites** New edition Matt Tebbutt looks back at his favourite recipes. (S)
11.00 LIVE **Wimbledon** Sue Barker presents coverage of day seven from the All England Club, featuring the fourth round of the men's and ladies' singles competitions. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button

9.00 Dunkirk

6.00 **Lives at Sea** The volunteers race to save two paddleboarders swept into a shipping lane, search for a missing fisherman and abandon a crewmate's wedding when the pager calls. (S)(R)(AD)

7.00 **Countryfile** New edition In the first of two visits to Jersey, Matt Baker mucks in on an organic farm producing exotic fruit and vegetables for the Durrell Wildlife Conservation Trust. (S)

8.00 **Today at Wimbledon** Clare Balding and guests present highlights of the seventh day's play from the All England Club, featuring matches in the fourth round. (S)

9.00 FILM **Dunkirk** Christopher Nolan's wartime drama starring Kenneth Branagh and Tom Hardy. Allied soldiers from Belgium, the British Empire and France are surrounded by the German army, and face a tense wait for evacuation, during a fierce battle in northern France during World War Two. (S)(AD) (2017, 12, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.40 **Inside Monaco: Playground of the Rich** 3/3. A tour of an extraordinary new home with an asking price of £23million. (S)(R)(AD)
11.40 **Cricket: Today at the Test** England v India: Action from day three of the fifth and final Test. (S)
12.40 AM **Sign Zone: Question Time** From Inverness. (S)(R)
1.40 **Sign Zone: For Love or Money** A woman who lost money to an online scrabble player. (S)(R)
2.25 **to 6.30** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **ITV News** (S)
8.30 **Vick Hope's Breakfast Show** New edition With Eamonn Holmes and Nabil Abdulrashid. (S)
9.25 **Ainsley's Food We Love** With Alexandra Burke. (S)(R)(AD)
9.55 **Jeremy Pang's Asian Kitchen** Simple suppers. (S)(R)(AD)
10.55 **Cooking with the Stars** (S)(R)
11.55 **ITV News** (S)
12.05 PM **Midsomer Murders** (S)(R)(AD)
2.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of *Strike It Lucky*. (S)(R)(AD)
3.00 FILM **Dr No** James Bond adventure starring Sean Connery. (S)(AD) (1962, PG, 130min) ★★★★
5.10 FILM **Octopussy** James Bond adventure starring Roger Moore. (S)(AD) (1983, PG, 145min) ★★★

5.10 Octopussy

6.00 FILM **Octopussy** (film started at 5.10pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.35 **ITV News** (S)
7.50 **Local News** (S)

8.00 **McDonald & Dodds** New episode *The War of the Rose:* 3/4. Social media influencer Rose Boleyn checks into Bath's exclusive Ford & Flynn clinic for a nose job, but the routine procedure goes horribly wrong and she dies on the operating table. McDonald and Dodds must separate the fact from the fiction as they try to discover whether Rose's life was really as glamorous as it looked. *See feature, page 7.* (S3) (S)(AD)
10.00 **ITV News** (S)
10.20 **Long Lost Family** Davina McCall and Nicky Campbell help two people searching for their birth mothers, including a woman taken to Morocco as toddler. (S)(R)(AD)
11.15 **Tour de France Highlights** Action from stage three, a flat 182km route from Vejle to Sonderborg. (S)
12.10 AM **Shop: Ideal World**
3.00 **Motorsport UK** The latest action from Brands Hatch. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Mediterranean Cookbook** Ainsley Harriott continues his tour of Sardinia. (S)(SL)(R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.15 AM **Cheers** 20&21/27. (S9) (S)(R)
7.05 **Everybody Loves Raymond** 2&3/24. (S4) (S)(R)(AD)
8.00 **The Simpsons** (S)(R)(AD)
9.30 **Sunday Brunch** New edition With Lethal Bizzle and Rae Morris. (S)
12.30 PM **The Simpsons** *Mommie Beerest:* Moe's bar is threatened with closure. (S)(R)(AD)
1.00 *Pranksta Rap:* Bart fakes his own kidnapping. (S)(R)(AD)
1.30 LIVE **F1: British Grand Prix Build Up** A look ahead to the 10th round of the season at Silverstone. (S)
2.30 LIVE **F1: British Grand Prix** Coverage of the 10th round of the season from Silverstone, where Lewis Hamilton was victorious last year. Race starts at 3.00. (S)
5.10 LIVE **F1: British Grand Prix Reaction** Analysis of the race. (S)

9.00 Joe Lycett's Big Pride Party

6.25 **News** (S)
6.30 **The Andrew Neil Show** 9/10. Political discussion show, featuring guests from across the political spectrum. (S)

7.00 FILM **Finding Your Feet** Comedy starring Imelda Staunton and Celia Imrie. A wealthy woman seeks solace with her estranged sister's dance class after learning her husband is having an affair. With Timothy Spall, Joanna Lumley and David Hayman. (S)(AD) (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 NEW **Joe Lycett's Big Pride Party** The comedian hosts a live show in Birmingham to celebrate 50 years of Pride. He is joined by guests including Mawaan Rizwan, Rosie Jones, Mae Martin, Boy George, Kelly Holmes, Julian Clary, Danny Dyer, Joan Collins, Tom Allen, Self Esteem, Gina Yashere, Tia Kofi, Lawrence Chaney, Adam All, Steps and the stars of *Heartstopper*. (S)(AD)

11.00 **Celebrity Gogglebox** A Pride anniversary edition. (S)(R)(AD)
12.05 AM **F1: British Grand Prix** Highlights from Silverstone. (S)
1.05 **Ramsay's Kitchen Nightmares USA** From Pennsylvania. (S)(SL)(R)
2.00 **Come Dine with Me** (S)(R)
4.10 **Secrets of the Royal Gardens** (R)
5.00 **Location, Location, Location** Catch-up edition. (S)(SL)(R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.20 AM **Milkshake!**
10.05 **SpongeBob SquarePants** (R)
10.30 **Entertainment News** (S)
10.40 **Friends** Five episodes of the comedy, including at: **12.40** 23/25. Rachel urges Paul to open up. (S6) (S)(R)(AD)
1.05 PM **Dogs Behaving (Very) Badly** Double bill. (S)(R)
3.05 **Coastal Devon & Cornwall with Michael Portillo** 1/6. The presenter travels across the two counties in south-west England. (S)(R) **4.05** 2/6. Michael explores the north Cornish coast, beginning in Widemouth Bay. (S)(R)
5.05 **Jane McDonald: Cruising the Med** A look at highlights from the singer's voyages around the Mediterranean. (S)(R)

8.00 Bargain Loving Brits by the...

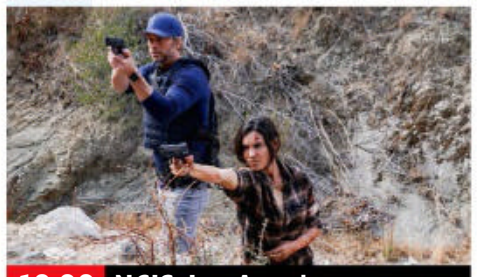
6.55 **News** (S)
7.00 **QE2: The World's Most Luxurious Hotel** 2/3. Valentine's Day sees two big events happening – a lavish brunch for 450, followed by a romantic opera gala dinner. (S)(R)
8.00 **Bargain Loving Brits by the Sea** New edition 4/6. John Nuttall takes on an apprentice for his business when his daughter reveals she will be away for the summer. (S)
9.00 **The Cruise** New edition 3/20. *Scarlet Lady* nears the end of a cruise around the Caribbean, and the passengers plan a day full of excursions in the Bahamas. (S)
10.00 FILM **Shirley Valentine** Romantic comedy starring Pauline Collins as a housewife who finds sun, wine and love on a Greek island. (S) (1989, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **My New Greek Life** Following British people who have made a fresh start on the Greek Islands. (S)(R)
1.00 **LeoVegas Live Casino Show**
3.00 **Entertainment News** (S)
3.10 **999: Police Hour of Duty** (R)
4.00 **Britain's Greatest Bridges** London's Tower Bridge. (SL)(R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **to 5.35** AM **House Doctor** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **All Hail King Julien** (S)(R)
8.05 **Amazing Animal Friends** (S)(R)
9.10 **F1: British Grand Prix Qualifying** From Silverstone.
10.55 **The Simpsons** (S)(R)
12.25 PM **Hotspots: The Last Hope** The creatures of Australia's most diverse hotspots. (R)
1.30 LIVE **F1: British Grand Prix** The team present from the grid ahead today's race.
2.55 LIVE **F1: British Grand Prix** Coverage of the 10th round of the season, held at Silverstone. Start-time is at 3.00.
5.00 **The Real War of Thrones** Mary, Queen of Scots, is forced to abdicate and flee to England. In Flanders, William I requests military assistance from France to fight Philip II of Spain. (R)



10.00 NCIS: Los Angeles

6.00 **Bomber: Terror of WWII** 4/6. Global conflict between 1939 and 1946. (R)
7.00 **F1: British Grand Prix** Highlights of the 10th round of the season, which took place at Silverstone.
8.00 **Shark with Steve Backshall** Naturalist Steve Backshall explores the radical variety of sharks in the Atlantic Ocean. (S)(R)(AD)
9.00 **S.W.A.T.** New episode *Safe House*: 8/22. When an undocumented woman is violently abducted, the team form an unlikely alliance in an attempt to find her. (S5)
10.00 **NCIS: Los Angeles** New episode *A Land of Wolves*: 8/22. The NCIS team scrambles to find Kensi when she is attacked and kidnapped by a mysterious militia group. (S13)
11.00 **The Flight Attendant** 7/8. Cassie, Shane, Annie and Max look for clues in the string of murders. (S2) (S)(R)(AD)
12.00 M'T **The Force: North East** A raid on the house leads officers to a drugs den. (S)(R)
1.00 AM **Road Wars** (S)(R)
2.00 **Hawaii Five-0** (S5) (S)(R)
3.00 **Nothing to Declare** (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
10.00-10.30am The Sunday Show (S)
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.30pm The Irish Open – Highlights (S) **11.15** FILM Rain Man (S)(R) (1988, 15, 125min) ★★★★ **1.20-6.00am** BBC News (S)
WALES
Sky **952**, Virgin **864**, Freesat **964**
No variations

BBC2

N. IRELAND
Sky **972**, Freesat **969**
10.40pm Sunday Politics Northern Ireland (S)(R) **11.10-11.40pm** Between the Covers (S)(R)
WALES
Sky **971**, Freesat **971**
6.00pm Flog It! (S)(R) **6.30-7.00pm** Gareth Edwards' Great Welsh Adventure (S)(R)

ITV

As main ITV except:
WALES
12.05pm Newsweek Wales (S) **12.35** Wales on TV (S)(R) **1.05-3.00pm** Midsomer Murders (S)(R)(AD)

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Garddio a Mwy **9.25** Gerddi Cymru **9.50** Teulu'r Castell **10.45** Pobol y Penwythnos **11.15** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos **12.30pm** Adre **1.00** Taith Yr Haf **2.00** LIVE Seiclo: Le Tour de France **4.35** Creu Cymru Fodern **5.35** Ffermio New edition **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Am Dro! New edition (AD) **9.00** Drych **10.00** Seiclo: Le Tour de France **10.30-11.35pm** Y Fets (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

117/141/173 | 107/157 | 23 109 | 179 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Rainie and Karen continue their efforts to talk to Stuart. **7.30** Stacey interrogates Eve over Suki's ex-husband.
8.00 **Hungry for It** The cooks serve vegetarian junk food.
9.00 NEW **Britain's Teenage Drug Runners** The urban gangs expanding their drug operations into seaside towns and the countryside.
9.45 **High: Confessions of an Ibiza Drug Mule** 5/5. Michaella reveals how she got out of prison early.
10.30 **Alex Scott: The Future of Women's Football** A look at the growth in popularity of the women's game.
11.30 **Hungry for It**
12.30 AM **Glow Up: Britain's Next Make-Up Star** The Glow Up Final is staged.
1.30 **Ellie & Natasia**
2.00 **The Big Proud Party Agency** Documentary.
3.00 **to 4.00** AM **Glow Up: Britain's Next Make-Up Star**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Cricket: Today at the Test** England v India: Action from the third day's play of the rearranged fifth and final Test at Edgbaston.
8.00 NEW **Summer Night Concert from Vienna** The Vienna Philharmonic's annual concert from Schönbrunn Palace Gardens. Featuring music by Saint-Säens, Beethoven, Lysenko, Rossini, Dvorak and Johann Strauss Jr.
9.30 **Lights Up 2: Rough Girls** Drama by Tara Lynne O'Neill, chronicling the courage and determination of the first Northern Irish women's football team, known as the suffragettes of soccer.
11.00 **Dark Matter: A History of the Afrofuture** Sci-fi and fantastical influences on the work of black artists.
12.00 M'T **A History of Art in Three Colours**
1.00 AM **Summer Night Concert from Vienna**
2.30 **to 3.30** AM **The Golden Age of Steam Railways**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
10.55 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** Natasha opts for a summer fete theme at the first dinner party from Salisbury. **5.50** Farm manager Sophie plans pig racing as part of her entertainment.
6.20 **Come Dine with Me** Former army major Anthony hosts the third dinner party. **6.55** Housing support officer Chris plays host. **7.25** Care worker Jane hosts the final dinner party.
8.00 **Geordie Hospital** 3/6. A grandfather has a tumour removed from his thigh.
9.00 **Emergency Helicopter Medics** New edition 7/10. A motorcycle collision on the M25 creates chaos.
10.00 **24 Hours in A&E** A man is rushed to A&E after a head-on collision with his car windscreen.
11.05 **Rescue: Extreme Medics**
12.10 AM **8 Out of 10 Cats Does Countdown**
1.15 **Emergency Helicopter Medics** As 9pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.30 **Rude(ish) Tube Shorts**
8.50 **Ramsay's Kitchen Nightmares USA**
10.50 **Ramsay's Hotel Hell**
11.50 FILM **Bee Movie** Animation. (2007, U, 90min) ★★
1.35 PM **The Big Bang Theory**
5.05 **The Goldbergs** New episode 21/22. Erica and Geoff are forced to stay at the Goldbergs' house. **5.35** Series finale 22/22. Adam's graduation day approaches. (S9)
6.05 FILM **Night at the Museum: Secret of the Tomb** Fantasy comedy sequel with Ben Stiller, Rebel Wilson and Robin Williams. (2014, PG, 94min) ★★★
8.00 **Young Sheldon** New episode 21/22. Missy stands up for Georgie. **8.30** Series finale 22/22. The prodigy worries about going through puberty. (S5)
9.00 FILM **Daddy's Home** Comedy starring Will Ferrell and Mark Wahlberg. (2015, 12, 96min) ★★★
10.55 **The Inbetweeners** 1/6. Simon is eager to participate in Carli's fashion show. (S3)
11.30 **The Inbetweeners**
12.00 M'T **Derry Girls**
1.05 AM **Gogglebox**
2.10 **The Inbetweeners**
3.10 **Derry Girls**
3.40 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235 | 146 | 30 | 123

SUNDAY Entertainment

Sunday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **Nothing to Declare**
9.00 **Border Patrol**
11.00 **The Real A&E**
12.00 NOON **999 Frontline**
1.00 PM **Sun, Sea and A&E** Seasonal worker Richard is hospitalised after being involved in a hit-and-run.
2.00 **Nothing to Declare** Ten editions of the fly-on-the-wall documentary, including at: **6.30** Immigration suspect a man is trying to cross the border on a false passport.

10.00 Law & Order: SVU

7 PM

7.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

8 PM

8.00 **The Good Doctor** *The Family:* 11/18. Shaun's objectivity is threatened by his connection to a patient. (S5)

9 PM

9.00 **Blue Bloods** *Times Like These:* 2/20. Danny and Baez investigate a gang attack that takes an unexpected turn. (S12)

10 PM

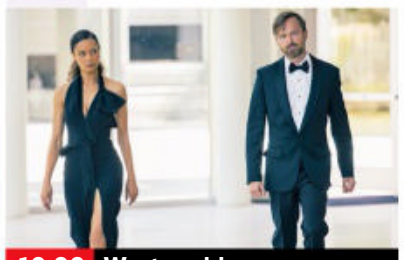
10.00 **Law & Order: Special Victims Unit** *They'd Already Disappeared:* 7/22. Rollins and Velasco discover a key clue. (S23)
11.00 **Law & Order: Organized Crime** 7/22. Stabler and Brewster take advantage of Reggie's insecurities to force his hand. (S2)
12.00 M'T **The Force: Manchester**
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Four editions.
9.30 **The Wire** (S4&5)
1.15 PM **The Wire** 2/10. Marlo makes a deal with Avon. **2.20** 3/10. Marlo offers a reward for information. (S5)
3.30 **True Detective** 6/8. Cohle visits preacher Joel Theriot. **4.35** 7/8. Hart helps Cohle reinvestigate a case. **5.40** 8/8. Cohle and Hart find the scarred man. (S1) **6.45** 1/8. A businessman is found murdered. (S2)



10.00 Westworld

7.55 **True Detective** *Night Finds You:* 2/8. Caspar's autopsy reveals the details of his demise, and Ray and Ani wonder if it is related to his fondness for prostitutes. (S2)

9.00 **Das Boot** New episode 8/10. After a bomb explodes, Forster and Klaus Hoffmann are forced to hide. Subtitled. (S3)

10.00 **Westworld** *The Auguries:* 1/8. The return of the sci-fi drama starring Thandiwe Newton and Ed Harris. (S4)
11.10 **We Own This City** 4/6. (S1)
12.20 AM **The White Lotus** (S1)
1.25 **In Treatment** (S4)
2.00 **Westworld** New episode 2/8. Sci-fi drama starring Thandiwe Newton. (S4)
3.10 **In Treatment** (S1)
4.00 **to 6.00** AM **Storm City**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Brit Cops: Law & Disorder**
7.00 **The Flash** (S2&3)
11.00 **NCIS: New Orleans** (S1)
1.00 PM **NCIS: New Orleans** 9/23. The team reopen a 40-year-old case. **2.00** 10/23. Pride and LaSalle head to Afghanistan. (S1)
3.00 **Grimm** Four episodes of the fantasy drama, including at: **5.00** 15/22. Nick investigates a murder at a spice shop. **6.00** 16/22. Nick takes Juliette for a romantic weekend in the country. (S1)

9.00 S.W.A.T.

7.00 **An Idiot Abroad** Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

8.00 **A League of Their Own Road Trip: Dingle to Dover** Andrew Flintoff and Jamie Redknapp spend time with Tyson Fury.

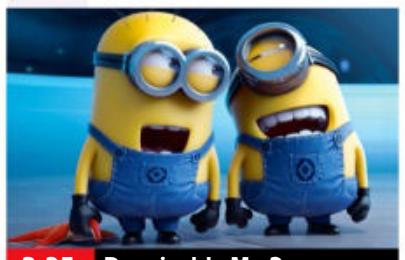
9.00 **S.W.A.T.** New episode *Safe House:* 8/22. An undocumented woman is violently abducted. (S5)

10.00 **NCIS: Los Angeles** New episode *A Land of Wolves:* 8/22. The team race to find Kensi after she is kidnapped. (S13)
11.00 **The Flight Attendant** 7/8. Cassie, Shane, Annie and Max look for clues in the string of murders. (S2)
12.00 M'T **SEAL Team** 1/14. (S5)
1.00 AM **Road Wars**
2.00 **Hawaii Five-0** 22/25. (S5)
3.00 **Brit Cops: Law & Disorder**
4.00 **to 6.00** AM **Stop, Search, Seize**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **Totally Bonkers Guinness World Records**
6.30 **Love Bites**
8.25 **Dress to Impress**
11.20 **Family Fortunes**
12.25 PM **You've Been Framed!**
1.30 FILM **Step Up 4: Miami Heat** Dance drama sequel. (2012, 12, 94min) ★★★
3.25 FILM **Despicable Me 2** Animated comedy sequel. (2013, U, 97min) ★★★
5.30 FILM **Spider-Man 2** Fantasy adventure sequel. (2004, PG, 127min) ★★★★



3.25 Despicable Me 2

7.00 FILM **Spider-Man 2** (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Emergency Nurses: A&E Stories** New edition Emergency nurse Ellie treats a patient having an asthma attack.

9.00 **Love Island** New edition Laura Whitmore presents as the fifth week gets under way in the villa.

10.00 **Love Island: Aftersun** New edition Laura Whitmore presents the companion programme to the dating show.
11.05 **Family Guy** (S18)
12.00 M'T **American Dad!** (S8)
1.00 AM **The Stand Up Sketch Show** With Alfie Brown.
1.30 **The Emily Atack Show**
2.15 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **George and Mildred**
6.35 **Emmerdale Omnibus**
9.30 **Midsomer Murders**
11.30 **Downton Abbey** 4&5/9. (S2)
2.00 PM **Downton Abbey** 6/9. A Canadian officer is brought to Downton for recuperation. **3.15** 7/9. A new development stuns the family. **4.30** 8/9. Spanish flu reaches the house. (S2)
6.00 **Midsomer Murders** *Death and the Divas:* Barnaby investigates murders echoing the plots of horror films.

9.00 Great Cities of the World

Midsomer Murders (started at 6.00pm)

8.00 **Martin Clunes: Islands of the Pacific** 3/3. Martin explores the Galapagos, getting up close to sealions and iguanas.

9.00 **Joanna Lumley's Great Cities of the World** 1/3. Joanna looks at the unusual aspects of cities, beginning with Paris.

10.00 **Vera** *The Moth Catcher:* DCI Stanhope investigates when two people are found murdered at a remote country house.
12.05 AM **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net.
2.00 **Blue Murder** 1/4. (S2)
3.15 **Emmerdale Omnibus**
5.35 **to 6.00** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **Rewind 2000s** The headlines from 2002.
7.30 **Grand Tours of Scotland's Lochs** Paul Murton visits the lochs and mountains of Skye.
8.30 **Landward** A round-up of highlights from the Royal Highland Show.
9.00 **David Wilson's Crime Files** 3/10. The links between systemic poverty and extreme anti-social behaviour.
10.00 **Still Game** *Fly Fishing:* 1/6. The Clansman regulars are turfed out by Boabby who has ambitious plans for the pub. (S8)
10.30 **Growing Up Scottish** Scotland's comedians look at the topics of friendship and homes.
11.00 PM **to 12.00** M'T **Seven Days**

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **Will & Grace** (S2)
10.00 **Girls** (S1&2)
2.00 PM **The Fresh Prince of Bel Air** 4-8/24. (S6)
4.30 **Modern Family** (S3)
7.00 **The Office (US)** 24/26. Michael thinks that Donna is cheating. **7.30** 25/26. Michael continues to see Donna. **8.00** 26/26. Jo Bennett hunts for a guilty employee. (S6) **8.30** 1/26. Michael infuriates the staff by hiring his apathetic nephew Luke. (S7)
9.00 **Curb Your Enthusiasm** 3/10. Larry, Jeff and Ted search for a new chef. **9.35** 4/10. Larry, Cheryl, Jeff and Susie encounter a nanny from hell. (S3)
10.15 **Pen15** 1-3/10. Triple bill of the comedy. (S1)
12.00 M'T **Young Rock** (S2)
1.00 AM **Miracle Workers**
3.00 **Miracle Workers: Dark Ages** 1/10. (S2)
3.30 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Arts Uncovered**
6.10 **Australian Ballet: The Sleeping Beauty**
8.30 **Tales of the Unexpected**
11.00 **Prince's Master Crafters: The Next Generation**
12.00 NOON **Michael Flatley – Lord of the Dance: Dangerous Games**
1.45 PM **André Rieu: Welcome to My World**
2.40 **Sky Arts Big Hay Weekend**
4.10 **Les Misérables: The Staged Concert**
7.00 **Live from the Artists Den** With Sheryl Crow.
8.00 **Classic Artists**
10.25 **The Doobie Brothers: Let the Music Play**
12.25 AM **Steve Miller Band: Austin City Limits**
1.25 **Lauryn Hill: Live at Baloise Session**
3.00 **Reinventing the Orchestra**
4.00 **Soundtracks: Songs That Defined History**
5.00 **to 6.00** AM **I, Claude Monet**

Pick

159 | 156 | 36 | 144

6.00 AM **Border Patrol**
8.00 **Police Force: Australia**
10.00 **Highway Patrol**
11.00 **Road Wars**
1.00 PM **Stop, Search, Seize**
2.00 **Border Security: Canada's Front Line**
4.00 **Highway Cops**
5.00 **Caught Red Handed**
7.00 **Nothing to Declare**
8.00 **Brit Cops: Law & Disorder** Documentary
9.00 **UFO** Elite Navy pilots encounter an unidentified aerial phenomenon in 2004.
10.00 **Paranormal: Captured** Experts analyse footage from paranormal videos.
11.00 **Mark of a Serial Killer** A killer in New York who picked his victims by their birth signs.
12.00 M'T **Britain's Most Evil Killers** Double bill.
2.00 AM **Police Force: Australia** Four editions.
4.00 **to 6.00** AM **Border Patrol**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Friends** (S8)
1.00 PM **Friends** (S8)
7.00 **Friends** 1/24. Joey tries to tell Rachel that he did not really propose. **7.30** 2/24. Chandler falls asleep in a meeting. **8.00** 3/24. Phoebe and Joey agree to find dates for each other. **8.30** 4/24. Monica makes a discovery. (S9)
9.00 FILM **Austin Powers: International Man of Mystery** Spy spoof with Mike Myers. (1997, 15, 95min) ★★★★
11.00 **The World's Most Shocking Ads with Shane Richie**
12.30 AM **Jayde Adams at the Comedy Store**
1.00 **Bobby & Harriet at the Comedy Store**
1.30 **The Ricky Gervais Show** 7&8/13. (S3)
2.30 **South Park** (S4&5)
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 179 | 28 | 119

7.00 AM **Dinner Date**
8.00 **Masters of Flip**
9.00 **LittleBe**
12.00 NOON **Masters of Flip**
1.00 PM **Chrisley Knows Best** Reality series.
2.00 **The Real Housewives of Beverly Hills**
6.50 FILM **Nine to Five** Comedy starring Jane Fonda, Dolly Parton and Lily Tomlin. A trio of sexually harassed office workers turn the tables on their chauvinist boss. (1980, 15, 110min) ★★★
9.00 **Botched** The doctors attempt to perform two radical surgeries.
10.00 **The Real Housewives of Orange County** New edition Shannon apologises to Heather.
10.55 **The Real Housewives of Atlanta** Cynthia and Mike's big day arrives.
11.55 **Vanderpump Rules**
12.50 **to 1.00** AM **Unwind**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 | 118 178 | 26 | 117

6.00 AM **Great World Cup Goals**
6.10 **Tenable**
7.00 **Extreme E: Electric Odyssey**
7.30 **Motorsport UK**
8.25 **Motorsport Mundial**
8.55 **Auto Mundial** New edition
9.25 **British Touring Car Championship Highlights**
10.55 **World Rally Championship**
12.00 NOON **Tour de France**
1.00 PM **LIVE Tour de France**
4.50 **World of Sport**
5.00 **River Monsters**
6.00 **Junk and Disorderly**

8.00 The Mummy

7.00 **Tour de France Highlights** Action from stage three, featuring a flat 182km route from Vejle to Sonderborg.

8.00 **FILM The Mummy** Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **FILM Enemy of the State** Conspiracy thriller with Will Smith. (1998, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Professionals** *Blackout*: An amnesiac woman delivers a garbled message about an attack on a diplomatic meeting planned for the following day.
2.10 **The Protectors** *Route 27*: Harry confronts drug runners.
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 | 139 138 | 347 362

6.00 AM **Stargate SG-1** (S6)
8.00 **Teleshopping**
11.00 **Stargate SG-1** 19/22. (S6)
12.00 NOON **Quantum Leap** Five episodes, including at: **3.00** PM 13/22. Sam becomes a housewife who follows her daughter into the women's liberation movement. **4.00** 14/22. Sam becomes a relationship expert. (S5)
5.00 **FILM Asteroid-a-geddon** Action adventure starring Eric Roberts and Veronika Issa. (2020, PG, 90min) ★★

7.00 Ape vs Monster

7.00 **FILM Ape vs Monster** Sci-fi action adventure starring Quinn Baker and Rudy Bentz. The ooze from a space capsule makes an ape and a lizard grow to titanic size. (2021, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Grimm** *Map of the Seven Knights*: 10/23. An opportunity affords Nick the chance to get closer to his ancestors.

10.00 **Grimm** *Key Move*: 11/23. Nick and Monroe move in on the source of a long-gestating mystery. (S5)

11.00 **Grimm** 12-14/23. (S5)
1.55 AM **Penny Dreadful: City of Angels** 9/10. (S1)
3.00 **FILM Speed Kills** Action adventure with John Travolta and Katheryn Winnick. (2018, 15, 102min) ★★
5.00 **to 6.00** AM **Most Haunted US**

+1 hour 229

Alibi

109/110 809 | 126 212

7.10 AM **Murdoch Mysteries**
10.00 **Father Brown**
12.00 NOON **Death in Paradise** (S5)
4.00 PM **Frankie Drake Mysteries** 1/10. An old rival turns up selling antiquities. (S2)
5.00 **Miss Fisher's Murder Mysteries** 10/13. Phryne and Dot investigate the death of a factory girl. (S1)
6.00 **Murdoch Mysteries** *Murdoch on the Couch*: 13/24. Murdoch investigates the mysterious death of a colleague of Sigmund Freud. (S15)

8.00 My Life Is Murder

7.00 **My Life Is Murder** *The Boyfriend Experience*: 1/10. First episode of the crime drama with Lucy Lawless and Bernard Curry.

8.00 **My Life Is Murder** *The Locked Room*: 2/10. A man is found shot dead in a chain-locked motel room. (S1)

9.00 **Death in Paradise** *An Unhelpful Aid*: 6/8. A local diver is found dead in shallow waters. Guest stars Lisa Faulkner. (S1)

10.00 **The Gulf** *Hunters*: 3/3. The fatal shooting of an armed intruder sparks ferocious tension on the island. (S1)

12.00 M'T **Miss Fisher's Murder Mysteries** 8/8. Phryne races to save Baron Fisher. (S3)
1.00 AM **Frankie Drake Mysteries**
2.00 **Miss Fisher's Murder Mysteries** As 5.00pm.
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 | 124 | 343 358

7.45 AM **Citizen Khan**
9.00 **The Story of Only Fools and Horses** Documentary.
10.00 **Only Fools and Horses**
12.00 NOON **Only Fools and Horses** Seven episodes of the sitcom, including at: **3.20** PM One of Del's old flames turns up out of the blue. **4.00** Del decides to enter the highly profitable tourist trade. **4.40** Del Boy acquires a nuclear fallout shelter. **5.20** The Trotters embark on a booze cruise to France.

8.20 Dad's Army

7.00 **Only Fools and Horses** Del buys a new manual to show him how to make positive decisions, but it only succeeds in helping the Trotters' finances hit an all-time low.

8.20 **Dad's Army** Corporal Jones's fitness to serve in the Home Guard is tested.

9.00 **The Vicar of Dibley** Alice and Hugo's baby is christened amid chaos, and David asks Geraldine to marry him.

10.00 **All Round to Mrs Brown's** With guests Nicola Adams, Lorraine Kelly and Jake Wood. Plus, music from Westlife.

11.20 **Bottom** Richie and Eddie prepare for their holiday in sunny Doncaster.
12.00 M'T **Bottom**
1.20 AM **Marley's Ghosts**
2.00 **The Vicar of Dibley**
2.45 **to 4.00** AM **All Round to Mrs Brown's**

+1 hour 210/211 194

Dave

111/112 | 127 227 | 19 | 157

7.10 AM **Modern Wheels or Classic Steals** Double bill.
8.00 **Rick Stein's Far Eastern Odyssey** From Penang.
9.00 **Eddie Eats America**
10.00 **Red Bull Soapbox Race 2017: London**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Exploration Volcano**
3.00 **Top Gear** From Alton Towers.
4.00 **Room 101** Triple bill.
6.00 **Exploration Volcano** New edition Documentary.

10.00 Rambo

7.00 **Expedition with Steve Backshall** Steve takes on four entirely new adventures to remote parts of the planet.

8.00 **QI XL** Cariad Lloyd, Josh Widdicombe and Holly Walsh join regular panellist Alan Davies and host Sandi Toksvig.

9.00 **Have I Got a Bit More News for You** Stephen Mangan hosts, with guest panellists Ross Noble and Ria Lina.

10.00 **FILM Rambo** Action drama sequel starring Sylvester Stallone. (2008, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Alan Davies: As Yet Untitled** With guests Susan Calman, Sophie Willan, Ivo Graham and Sanjeev Bhaskar.
12.55 AM **QI XL** With Ade Adepitan, Nish Kumar and Holly Walsh.
1.55 **Mock the Week**
3.15 **to 4.00** AM **Room 101**

+1 hour 211 131 74

Sunday

7 PM | **8 PM** | **9 PM** | **10 PM**

GREAT! tv

157 189 | 50 | 142

6.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **5.00** *Night of the Headless Horseman*: Jessica's friend becomes the prime suspect in a murder investigation. **6.00** *Death Stalks the Big Top – Part One*: Jessica searches for a long-lost relative. **7.00** *Death Stalks the Big Top – Part Two*: Jessica risks her life. **8.00** *One White Rose for Death*: Jessica is taken hostage by a political spy. Guest stars Jenny Agutter.
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **Body of Proof** (S1)
5.15 **to 6.00** AM **Crazy Like a Fox**

+1 hour 257 220 62 143

4seven

137 143 203 | 49 | 127

9.00 AM **A Place in the Sun**
12.00 NOON **Find It, Fix It, Flog It** Double bill.
2.00 PM **A Place in the Sun**
8.00 **Grand Designs** Transforming an abandoned cave for 21st-century living.
9.00 **Gogglebox: Celebrity Special for SU2C** Adrian Dunbar and Mo Gilligan are among the famous faces hitting the couch.
10.00 **First Dates: Pride Special** An edition marking 50 years of Pride in the UK.
11.05 **Taskmaster: Champion of Champions 2022**
12.10 AM **999: On the Front Line** Kidney stones.
1.15 **George Clarke's Flipping Fast**
2.20 **Sarah Beeny's Little House, Big Plans**
3.25 **Building the Dream**
4.20 **to 4.50** AM **Cook Clever, Waste Less with Prue & Rupy**

5USA

141 141 | 153 | 21 | 129

9.00 AM **999: Criminals Caught on Camera**
9.25 **Columbo** Double bill.
2.30 PM **Columbo** Four episodes, including at: **7.00** *Undercover*: The detective investigates the deaths of two men who apparently killed each other in connection with a $4million bank robbery
9.00 **Private Eyes** Comedy starring Jason Priestley.
10.00 **Law & Order: Special Victims Unit** *Vulnerable*: 3/25. An elderly woman breaks into an apartment. **11.00** *Lust*: 4/25. A woman is found raped and murdered. (S4)
11.55 **Law & Order: Special Victims Unit** (S22)
1.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 | 151 | 32 | 131

8.00 AM **Entertainment News**
8.05 **Judge Judy**
12.00 NOON **Filthy Garden SOS** Documentary
2.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions of the series, including at: **7.00** Ben chases after a driver in a stolen car. **8.00** Duncan is involved in a high-speed pursuit.
9.00 **FILM Saturday Night Fever** Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. (1977, 18, 119min) ★★★★
11.25 **FILM Dangerous Minds** Fact-based drama with Michelle Pfeiffer and George Dzundza. (1995, 15, 101min) ★★★
1.25 AM **Call the Bailiffs: Time to Pay Up**
2.25 **to 4.00** AM **Judge Judy**

+1 hour 228 186 141

W

132 827 | 125 211 | 25 | 156

6.10 AM **Tipping Point**
12.00 NOON **Property Brothers: Forever Homes** Double bill.
2.00 PM **Rochelle Humes: Interior Designer in the Making** Transforming a bland rental property.
3.00 **My Family** Six episodes.
7.00 **999 Rescue Squad** A woman plunges 10ft through the floorboards of her Sheffield home.
8.00 **Inside the Operating Theatre** A woman needs an operation to stop her nose bleeds.
9.00 **Killer Women with Piers Morgan**
10.00 **Louis Theroux: The Night in Question**
11.20 **Louis Theroux's African Hunting Holiday**
12.40 AM **Brainwashing Stacey: Living with Big Game Hunters**
1.45 **to 3.00** AM **Sun, Sea and Brides to Be**

+1 hour 232 190

Drama

143 | 130 | 20 | 158

7.00 AM **The Bill**
10.55 **One Foot in the Grave**
12.05 PM **Call the Midwife**
2.05 **Catherine Cookson's Colour Blind**
5.20 **Call the Midwife** 1/8. Two new nuns join Nonnatus House, as the midwives deal with a shocking emergency. **6.40** 2/8. Lucille treats a hoarder. Guest stars Annette Crosbie. (S8)
8.00 **Sherlock** *The Final Problem*: 3/3. Long-buried secrets finally catch up with Sherlock and Watson. (S4)
10.00 **Luther** 2/2. Luther tries to locate the cannibalistic killer. (S4)
11.20 **Dalziel & Pascoe** *Houdini's Ghost*: Dalziel becomes entangled with an old flame. Guest stars Cherie Lunghi.
1.45 **to 4.00** AM **Dalziel & Pascoe**

+1 hour 243 226 60

RealityXtra

147 197 68 134

9.00 AM **The Fugitive** (S2)
2.00 PM **Unsolved Mysteries** Four editions.
6.00 **Matlock** *The Suspect – Part One.* 7/22. A man is accused of killing a drug dealer. **7.00** *The Suspect – Part Two:* 8/22. Matlock represents a wealthy widow accused of murdering her husband. **8.00** *The Defense:* 9/22. The attorney takes on the case of a boy who killed his own father to protect his mother. **9.00** *The Game Show:* 10/22. The producer of a game show is killed. **10.00** *The Foursome:* 11/22. The attorney reluctantly defends a millionaire accused of murdering his daughter's fiancé. (S6)
11.00 **Unsolved Mysteries** Five editions of the series.
4.00 **to 6.00** AM **Judge Judy**

Legend

148 192 41 137

7.00 AM **The Prisoner** (S1)
8.00 FILM **Ice Sharks** Horror. (2016, 15, 85min) ★
9.50 **Legend Lowdown**
10.00 **Star Trek** (S2)
3.00 PM FILM **She** Fantasy adventure. (1965, U, 105min) ★★★★
5.05 FILM **Guardians of the Tomb** Adventure. (2018, 12, 90min) ★
6.55 FILM **Tomb Invader** Action adventure. (2018, 12, 83min) ★★★
8.30 **Tales from the Darkside**
9.00 FILM **The Mummy** Hammer horror. (1959, PG, 88min) ★★★
10.45 FILM **13 Ghosts** Horror comedy. (1960, b/w, PG, 79min) ★★
12.20 AM **Legend Lowdown**
12.30 FILM **Can't Come Out to Play** Horror thriller. (2013, 15, 100min) ★★
2.30 FILM **The Burning** Horror. (1981, 18) ★★★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge

160 160 48 146

7.00 AM **The Chase**
9.00 **Wheel of Fortune**
11.30 **Bruce's Price Is Right**
12.30 PM **Family Fortunes**
1.30 **Play Your Cards Right** Triple bill of editions.
3.00 **Lily Savage's Blankety Blank** Triple bill of the comedy quiz show.
5.00 **The Chase** Four editions of the quiz hosted by Bradley Walsh in which four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize.
9.00 **The Chase Celebrity Special** Former *I'm a Celebrity...* campmates Eric Bristow and Nadine Dorries, *Emmerdale*'s Sammy Winward and comedian Ed Byrne take on a trivia expert. Bradley Walsh hosts.
10.00 PM **to 6.00** AM **The Chase**

E!

151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
12.00 NOON **Botched**
8.00 PM **Mathis Family Matters** Reality series following Judge Greg Mathis Sr and his family.
8.30 **Welcome Home Nikki Glaser?** Chris makes a decision that could sway Nikki to stay in St Louis for a little while longer.
9.00 **Celebrity Game Face** New edition Rob Riggle and Darren Leader, Mayim Bialik and Jonathan Cohen, and Shanola Hampton and Daren Dukes compete.
10.00 **The Bradshaw Bunch**
10.30 **Botched** A countdown of the most outrageous transformations.
12.00 M'T **Celebrity Game Face** As 9.00pm.
1.00 AM **Mariah's World**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Married to Jonas**

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM **Discovering: Rock Hudson**
7.00 **Discovering: Groucho Marx**
7.50 **The Directors**
8.40 **Arthur Miller: Writer**
10.40 **Black Art: In The Absence of Light**
12.20 PM **Endangered**
2.10 **Audrey: More Than An Icon** Documentary.
4.10 **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
6.10 **Who Killed the KLF?**
8.00 **Scouting For Girls: Fashion's Darkest Secret** Exploring abuse in the fashion industry.
9.00 **Tina** Documentary.
11.15 **Larry Kramer: In Love & Anger**
1.00 AM **Forbidden Games: The Justin Fashanu Story** Documentary.
2.40 **Pariah: The Lives and Deaths of Sonny Liston**
4.25 **to 6.00** AM **The Soul of America**

Sky Nature

124 124 822 280 279 354 369

6.00 AM **Volcanic Odysseys**
8.00 **Amazing Animal Friends** Documentary.
9.00 **Caught in Motion**
12.00 NOON **Hotspots: The Last Hope**
1.00 PM **Guardians of the Wild** Five editions.
6.00 **Wild Workers** New editions Double bill of the documentary.
7.00 **Hotspots: The Last Hope** New edition The creatures of Australia's most diverse hotspots.
8.00 **Shark with Steve Backshall** The diversity of sharks in the oceans.
9.00 **A Bee's Diary**
10.00 **Wild Workers**
11.00 **Hotspots: The Last Hope** As 7.00pm.
12.00 M'T **Shark with Steve Backshall** As 8.00pm.
1.00 AM **A Bee's Diary**
2.00 **Africa's Wild Year**
3.00 **Caught in Motion**
4.00 **to 6.00** AM **Wild Israel**

HGTV

158 286 44 166

7.00 AM **A Place in the Sun: Home or Away**
10.00 **A Place in the Sun**
11.00 **Building the Dream**
3.00 PM **A Place in the Sun** Eight editions of the series, including at: **7.00** Scarlette Douglas helps a couple find a new home in Tobago. **8.00** A search for a home in Almeria, Spain. **9.00** A couple seek their first ever home together in Tenerife. **10.00** Scarlette Douglas shows a brother and sister five properties on Antigua.
11.00 **Home Town** Finding a home in the small town of Laurel, Mississippi.
12.00 M'T **My Lottery Dream Home** Four editions.
2.00 AM **A Place in the Sun: Home or Away**
3.00 **to 4.00** AM **World's Most Secret Homes**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Best Baker in America**
10.00 **Buddy Vs Duff**
12.00 NOON **Hairy Bikers' Mississippi Adventure**
7.00 PM **Gok Wan's Easy Asian** Double bill.
8.00 **Ottolenghi's Mediterranean Island Feast** Visiting the French island of Corsica.
9.00 **Mary Berry's Simple Comforts** Mary explores the world of simple comfort food. **9.30** Mary takes a journey along the Thames in London to discover culinary gems.
10.00 **Mary McCartney Serves It Up**
11.00 **Guy and Hunter's European Vacation**
12.00 M'T **Mystery Diners**
2.00 **to 3.00** AM **Nigel Slater's Real Food Show**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Fast N' Loud**
9.00 **Garage Rehab**
10.00 **American Pickers**
12.00 NOON **Outback Opal Hunters** Triple bill.
3.00 PM **Aussie Gold Hunters** Triple bill.
6.00 **Alaska Gold Diggers**
7.00 **Gold Divers**
8.00 **Life Below Zero**
9.00 **Mission Declassified**
10.00 **Unexplained: Caught on Camera** A man who has captured hundreds of hours of unexplainable footage.
11.00 **Elephant Man: Body Bizarre** A man with a benign facial tumour.
12.00 M'T **Monsters Inside Me**
1.00 AM **Building Alaska**
3.00 **Bear Grylls: Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM **Trucking Hell**
10.00 **WWE: SmackDown Highlights**
11.00 **WWE: Raw Highlights**
12.00 NOON **Winter Road Rescue** Documentary.
12.35 PM **Police Interceptors**
2.35 FILM **Man without a Star** Western. (1955, PG, 89min) ★★
4.30 FILM **River of No Return** Western. (1954, PG, 91min) ★★★
6.20 FILM **The Devil's Brigade** World War Two drama. (1968, PG, 126min) ★★
9.00 FILM **Hacksaw Ridge** Fact-based World War Two drama. (2016, 15, 139min) ★★★★
11.50 FILM **Navy S.E.A.L.S** Thriller. (1990, 15) ★
2.00 AM **What Went Wrong: Countdown to Disaster**
4.05 **World's Wildest Holidays** Documentary.
4.55 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 137 136 348 363

6.00 AM **Road Wars**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Send in the Dogs**
10.00 **Highway Cops**
11.00 **Caught on Dashcam**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Murdered at First Sight** Documentary.
2.00 **World's Most Evil Killers**
3.00 **Killer in My Village**
4.00 **Forensics: Catching the Killer** Documentary.
5.00 **World's Most Evil Killers**
7.00 **Britain's Most Evil Killers**
8.00 **The Real Manhunter**
9.00 **Fred & Rose: The Unanswered Questions**
10.00 **Murder at the Cottage**
1.00 AM **Mark of a Serial Killer** Documentary.
2.00 **Twisted Killers**
3.00 **Made for Murder**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 207

CBS Reality

146 148 67 135

8.30 AM **The Lord's Challenge**
9.00 **Judge Judy**
1.00 PM **Judge Judy**
5.00 **48 Hours**
7.00 **Medical Detectives**
8.00 **Murder By the Sea**
9.00 **Stranger in My Home** New editions A student takes in a stranger – but with devastating consequences. **10.00** A look at the case of Al Kowalski and Charlie Tidwell.
11.00 **It Takes a Killer** A predator targets men who frequent gay bars. **11.30** A wealthy retiree goes missing. **12.00** M'T A case of murder, conspiracy and cover ups. **12.30** AM Unsolved murders are investigated.
1.00 **Stranger in My Home**
3.00 **Unsolved Mysteries**
5.15 **to 6.00** AM **Judge Judy**

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **A Place in the Sun**
3.00 PM **Posh Pawn**
4.00 **Celebrity Antiques Road Trip** Triple bill.
7.00 **The Yorkshire Auction House**
8.00 **Kings of the Wood** Robin teams up with Micaela to build a gift for a charitable hairdresser.
9.00 **Dr Pimple Popper** Rhonda has a worrying horned-shaped growth.
10.00 **The Killer in My Family** Relatives of Raoul Moat reveal how his shooting spree impacted them.
11.00 **Spooked Scotland**
12.00 M'T **Hotel Paranormal**
1.00 AM **Ghost Adventures Aftershock**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Blaze

164 216 64 162

6.00 AM **Auction Hunters**
7.00 **Counting Cars**
8.00 **Monster Croc Wrangler**
9.00 **Paranatural**
11.00 **Phantom Signals**
12.00 NOON **On the Trail of UFOs: Dark Sky**
2.00 PM **The Phenomenon**
4.20 **Walking Through History** Double bill.
6.15 **History's Greatest Mysteries**
8.00 **Roswell: The First Witness** Documentary.
9.00 **Search for the Lost Giants** Investigating reports of giant skeletons.
10.00 **Swamp People**
11.00 **Counting Cars**
12.00 M'T **Weird or What? with William Shatner**
1.00 AM **Ancient Aliens**
2.00 **Storm Stories**
3.00 **Paranormal: Caught on Camera**
3.45 **Counting Cars**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes... Lancashire**
8.00 **Buddy's Big Bakedown**
10.00 **Cake Boss**
12.00 NOON **Diners, Drive-Ins and Dives**
2.00 PM **Say Yes to the Dress**
4.00 **Say Yes... UK**
5.00 **Dr Pimple Popper**
6.00 **Unexpected: Teenage & Pregnant** New edition
7.00 **The Bad Skin Clinic**
8.00 **My Extreme Excess Skin**
9.00 **Body Bizarre**
10.00 **Too Large**
11.00 **Say Yes... Australia**
11.30 **Say Yes... India**
12.00 M'T **Say Yes... Australia**
12.30 AM **My Extreme...**
1.30 **Body Bizarre**
2.30 **Too Large**
3.30 **Say Yes... Australia**
4.00 **Say Yes... India**
4.30 **Say Yes... Australia**
5.00 **to 6.00** AM **Diners, Drive-Ins and Dives**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **Spring Gardening with Carol Klein**
2.00 PM **The Highland Vet**
4.00 **Our Yorkshire Farm**
6.00 **Ben Fogle: New Lives in the Wild** Ben Fogle travels to the Namibian desert.
7.00 **Great Lighthouses: Then and Now** Stories about the lighthouses around the nation's coast.
8.00 **Elvis: Rise of the King** Chronicling Elvis Presley's early rise to fame.
11.00 **Greatest Hits of the 70s** 2/2. The stories behind six songs from the decade.
12.30 AM **The Gadget Show**
1.30 **Cornwall: A Year by the Sea** Documentary.
2.30 **World's Most Scenic River Journeys**
3.25 **Around the World by Train with Tony Robinson** Travel series.
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **Combat Dealers**
7.00 **Auto Biography: Racing Legends**
8.00 **Salvage... Classic Cars**
9.00 **Salvage... The Restorers**
10.00 **The Repair Shop**
11.00 **Salvage Hunters**
1.00 PM **The Repair Shop**
3.00 **Yorkshire Auction House**
4.00 **Salvage... The Restorers**
5.00 **Born Mucky: Life on the Farm**
6.00 **Heritage Rescue**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers**
9.00 **The Repair Shop**
10.00 **Outback Opal Hunters**
11.00 **Mystery at Blind Frog Ranch** Documentary.
12.00 M'T **9/11: Heroes of the 88th Floor**
2.00 AM **Mysteries of the Missing** Documentary.
3.00 **Salvage... Classic Cars**
4.00 **to 6.00** AM **Highlights**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Atlanta**
7.00 **Animal Cops Houston**
8.00 **Animal Cops Phoenix**
9.00 **My 600lb Life**
11.00 **My 600lb Life: Where Are They Now?**
1.00 PM **1000lb Sisters**
2.00 **Say Yes... Atlanta**
6.00 **It's Me or the Dog**
7.00 **Murder, Mystery and My Family**
8.00 **The Lady Killers** The murder of 80-year-old John Proctor.
9.00 **Chris Watts: A Faking It Special** The disappearance of Shanann Watts.
10.00 **1000lb Sisters**
11.00 **The Murder Tapes**
12.00 M'T **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Miami**
5.00 **to 6.00** AM **The Zoo**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
12.00 NOON **Extreme RVs** Extreme luxury mobile homes.
1.00 PM A luxurious Featherlite Vantare coach.
2.00 Crew and band buses.
3.00 A mobile mansion.
4.00 A palace on wheels.
5.00 A castle for a drag racer's family and crew.
6.00 NEW SERIES **Van Go** Following the work of Chewy Design Co owner Brett Lewis.
6.30 New edition Brett transforms a family's van.

6.00 Van Go

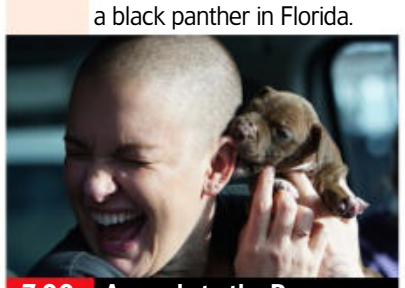
7.00 **Ed Stafford: First Man Out** Ed faces his old bushcraft teacher, Will Lord, in Bashan, China.
8.00 **Expedition to the Edge** The crew of the Infinity are preparing for an expedition through the Northwest Passage.
9.00 **The Lost Lincoln** Documentary in which a professional authenticator investigates whether a newly discovered photograph could be the final image of President Abraham Lincoln following his fatal shooting in 1865.
11.00 **Deadliest Catch** A freighter cuts Jake's lines, forcing his crew to drag for valuable pots. Rip helps Johnathan locate the motherlode only to pay with a broken block.
12.00 M'T **The Last Alaskans**
4.00 **to 6.00** AM **How Do They Do It?**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Growing Up: Cheetahs**
3.00 **Growing Up**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier treats a small bird with a big personality.
6.00 **Extinct or Alive** A search for a black panther in Florida.


7.00 Amanda to the Rescue

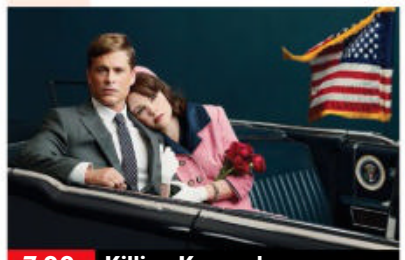
7.00 **Amanda to the Rescue** Amanda rescues a blind boxer dog, and back at the crowded shelter, she takes in 32 dogs.
8.00 **Crikey! It's the Irwins** As baby Grace discovers the world, Robert attempts the biggest Gator move in Australia Zoo history.
9.00 **Crikey! It's the Irwins** Robert handles a hostile wombat called Bunker, and it's moving day for an anaconda called Nikki.
10.00 **The Last Alaskans** The families each hunt for the one animal large enough to feed them through the cold winter.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to the Pantanal region in Brazil.
12.00 M'T **Rugged Justice**
1.00 AM **Edge of Alaska**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Hitler's American Battleground** Double bill.
10.00 **Inside 9/11** Four editions.
2.00 PM **JFK: The Final Hours**
3.00 **The Challenger Disaster: Lost Tapes** Documentary.
4.00 **Nazi Megastructures** The final defence of Japan in the last months of World War Two.
5.00 **Nazi Megastructures: America's War** How the German army prepared for the D-Day landings.
6.00 An insight into the air attack on Pearl Harbor.


7.00 Killing Kennedy

7.00 **Killing Kennedy** Fact-based drama about how US president John F Kennedy and his killer Lee Harvey Oswald crossed paths on that November afternoon in Dallas in 1963. Stars Rob Lowe, Ginnifer Goodwin and Will Rothhaar.
9.00 **Vikings: The Rise and Fall** Explore the Vikings' beginnings in Scandinavia and the attack on the holy island of Lindisfarne.
10.00 **Osama Bin Laden: The Last Days** The inside story of the military raid on Osama Bin Laden's hideout in 2011.
11.00 **Nazi Megastructures**
1.00 AM **Nazi Megastructures: America's War** How the Japanese army turned to ancient warrior traditions.
2.00 **9/11 Firehouse**
3.00 **9/11: Rescue Cops**
4.00 **to 5.00** AM **Nazi Attack on America**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Rust Valley Restorers**
7.00 **Storage Wars** Four editions.
9.00 **Swamp People**
10.00 **History's Greatest Mysteries**
11.00 **Pawn Stars** Four editions.
1.00 PM **Craig Charles: UFO Conspiracies**
3.00 **Storage Wars**.
5.00 **WW2 Treasure Hunters: WW1 Special** A World War One transit camp at Morn Hill, just outside Winchester.
6.00 **WW2 Treasure Hunters** Examining the remains of a Boulton Paul Defiant plane.

9.00 Vampire Skeletons

7.00 **Hunting Nazi Treasure** A search for treasure stolen in 1941 by the Germans from Catherine the Great's Amber Room.
8.00 **Hunting Nazi Treasure** The experts turn their focus to the frenzied German looting of Italy in the last year of the war.
9.00 **Vampire Skeletons** Unearthed skeletons that appear to be treated as revenants who might return from the dead.
10.00 **Lost Worlds** A look at the lives of 18th-century pirates who set sail from Bristol in search of wealth in the Caribbean.
11.00 **Revolutions: The Ideas That Changed the World** The history behind some of history's most important technological advances, beginning with aeroplanes.
12.00 M'T **Pawn Stars**
5.00 **to 6.00** AM **Bomber: Terror of WWII**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Forbidden History**
8.00 **WW2: Frontlines**
12.00 NOON **Warbird Workshop** Four editions of the series.
4.00 PM **Bangers and Cash** Derek auctions off a Jensen Interceptor, a Jensen Healey and a one-off Wood & Pickett Triumph Dolomite Sprint.
5.00 A Roller and a Rover go under the hammer, and a Triumph Spitfire is restored.
6.00 Derek takes a shine to a rare 1958 Armstrong Siddeley Sapphire with a long history.

10.20 Inside the Factory

7.00 **Bangers and Cash** An Aston Martin in need of restoration looks set to break the Mathewsons auction record.
8.00 **'Allo 'Allo!** General Von Klinkerhoffen finds the sausage.
8.40 The Resistance arrange a parade to provide a diversion so they can steal a plane.
9.40 Rene conceals the painting of the *Fallen Madonna*, while the British airmen make another escape attempt.
10.20 **Inside the Factory** A croissant factory in France that produces 336,000 pastries a day.
11.20 **Hornby: A Model World** The company opens its doors to reveal how their dedicated team of designers strive to shrink a new generation of mighty machines.
12.20 AM **Bangers and Cash**
1.20 **to 3.00** AM **Forbidden History**

+1 hour 255 200 75

7 PM **8 PM** **9 PM** **10 PM**

Sunday

Disc. History

177 257

6.00 AM **Combat Dealers**
9.00 **Greatest Events of World War II** Triple bill.
12.00 NOON **Combat Dealers**
3.00 PM **Tony Robinson's Wild West**
4.00 **Tony Robinson's Victory In Europe**
5.00 **Combat Dealers** A visit to Germany.
6.00 Bruce Crompton tidies his warehouse.
7.00 Bruce trades with Hollywood producers.
8.00 **Greatest Events of World War II** The German blitzkrieg.
9.00 The story of Operation Sealion.
10.00 **Wings of War** A look at the bombers of the 1940s and 1950s.
11.00 Focusing on high-altitude spy planes.
12.00 M'T **Combat Dealers**
2.00 **to 6.00** AM **Massive Engineering Mistakes**

+1 hour 277 261

Eden

166 245 247

9.00 AM **Life on Earth**
12.00 NOON **The Life of Mammals** Triple bill.
3.00 PM **Charles Darwin & The Tree of Life**
4.00 **Mountain Lions: Life on the Edge**
5.00 **Life on Earth** The first creatures to live on land.
6.00 Fish, birds, reptiles and amphibians.
7.00 David Attenborough studies the development of life.
8.00 **The Life of Mammals** Animals that eat insects.
9.00 The feeding habits of herbivores.
10.00 Rodents.
11.00 **Charles Darwin & The Tree of Life**
12.00 M'T **Mountain Lions: Life on the Edge**
1.00 AM **Life on Earth**
3.50 **The Life of Mammals**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Kingdom of the White Wolf** Triple bill.
11.00 **Magic of Disney's Animal Kingdom**
12.00 NOON **The Hidden Kingdoms of China**
5.00 PM **Snakes in the City**
6.00 **Magic of Disney's Animal Kingdom** New edition Animal keepers help elephant Nadirah cross a bridge.
6.50 **America's Funniest Videos: Animal Edition** An elephant smashes a car, and a beekeeper has major issues.
7.50 **Magic of Disney's Animal Kingdom**
8.40 **Something Bit Me**
9.40 **700 Sharks**
10.40 **Shark Beach with Chris Hemsworth**
11.40 **When Sharks Attack**
1.40 AM **Monster Croc Wrangler** Documentary.
2.00 **to 5.00** AM **Kingdom of the White Wolf**

Sky History 2

163 163 840 272

8.00 AM **Ancient Aliens**
11.00 **Lost Gold of World War II** Documentary.
12.00 NOON **Hunting Nazi Treasure**
1.00 PM **Britain's Most Historic Towns**
2.00 **Walking Through History** Northumberland.
3.00 **How the Nazis Lost the War** Documentary.
4.00 **Hitler's War**
5.00 **Hitler's Gold**
6.00 **Digging Up Britain's Past** Stonehenge.
7.00 **Digging for Britain**
8.00 **Britain's Most Historic Towns** Belfast.
9.00 **Paranormal: Caught on Camera** Double bill.
11.00 **Kings of Pain**
12.00 M'T **How the Nazis...**
1.00 AM **Hitler's War**
2.00 **Hitler's Gold**
3.00 **Kings of Pain**
4.00 **Life After People**
5.00 **to 6.00** AM **Lock N' Load with R Lee Ermey**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.35 **Mutant Weather**
9.35 **The Balkans in Flames**
1.00 PM **Mutant Weather**
2.00 **Future of Work**
5.40 **The Balkans in Flames** The history of the former Yugoslavia.
6.50 The collapse of the state after Yugoslavia's free elections in 1990.
7.55 The international intervention after four years of civil war.
9.05 **Dis/Informed** Examining how the COVID-19 pandemic has made the public vulnerable to believing comforting lies over harsh truth.
11.00 **Beautiful Serengeti** The challenges presented by competing for food and territory.
11.30 Animals that are constant rivals.
12.00 M'T **to 2.00** AM **Dis/Informed**

CI

156 156 834 209

6.00 AM **Meet, Marry, Murder** Five editions.
11.00 **Homicide: Hours to Kill**
1.00 PM **Kids Behind Bars: Life or Parole**
5.00 **Cruise Ship Killers**
7.00 **Buried in the Backyard**
8.00 **The Real Murders of Orange County**
9.00 **Very Scary People** New editions A string of horrifying fires that plagued California in the 1980s and 1990s.
10.00 The firefighters that discovered dark secrets about one of their colleagues.
11.00 **Jodi Arias: Cell Mate Secrets** Former cellmates of the killer reveal new information.
12.00 M'T **Sex, Lies and Murder** Documentary,
1.00 AM **Fear Thy Neighbour**
4.00 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

SUNDAY Films

Sunday

Sky Cinema Premiere

301 301 848 401 501 515

6.05 AM **The Survivor** Drama. (2021, 15, 129min) ★★★★
8.20 **The Electrical Life of Louis Wain** Biographical drama. (2021, 12, 111min) ★★★★
10.20 **Clifford the Big Red Dog**
12.05 PM **Last Seen Alive** As 8pm.
1.50 **Resident Evil: Welcome to Raccoon City** Sci-fi horror. (2021, 15, 107min) ★★★
3.45 **King Richard** As 9.50pm.
6.15 **Clifford the Big Red Dog** Adventure. (2021, PG) ★★★

12.35 Zola

8 PM
8.00 **Last Seen Alive** Thriller starring Gerard Butler and Jaimie Alexander. A man is driving his soon-to-be ex-wife to her parents' home when she disappears without a trace during a stop at a gas station. (2022, 15, 95min)

9 PM
9.50 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM
12.35 AM **PREMIERE Zola** Crime comedy drama with Taylour Paige. (2020, 18, 86min) ★★★★ *See review, page 22.*
2.15 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
3.55 **to 6.00** AM **Resident Evil: Welcome to Raccoon City**

11 PM

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.15 AM **The Brits Are Coming**
7.55 **Foxcatcher** Fact-based drama. (2014, 15, 129min) ★★★★
10.15 **An American Pickle** Comedy. (2020, 12, 88min) ★★★
11.50 **Tenet** Fantasy action thriller. (2020, 12, 150min) ★★★★★
2.25 PM **2 Guns** Action thriller. (2013, 15, 104min) ★★★
4.20 **Venom: Let There Be Carnage** Fantasy. (2021, 15) ★★★
6.00 **The Fighter** Boxing drama. (2010, 15, 116min) ★★★★

10.00 Malignant

8.00 **Godzilla vs Kong** Sci-fi adventure starring Alexander Skarsgård. King Kong and his protectors undertake a perilous journey to find his true home, but find themselves in the path of Godzilla. (2021, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Malignant** Horror thriller starring Annabelle Wallis and Maddie Hasson. (2021, 18, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Brits Are Coming** Crime caper starring Uma Thurman, Tim Roth and Alice Eve. (2018, 15, 90min) ★
1.40 AM **The Glorias** Biopic of feminist icon Gloria Steinem, starring Julianne Moore, Alicia Vikander and Lulu Wilson. (2020, 12, 139min) ★★★
4.15 **to 6.20** AM **Gunpowder Milkshake** Action thriller with Karen Gillan and Lena Headey. (2021, 15, 114min) ★★★

Sky Cinema Family

306 306 850 406 506 520

7.00 AM **Mr Magorium's Wonder Emporium** As 8.20pm.
8.45 **Peter Rabbit** As 5.00pm.
10.25 **Peter Rabbit 2** As 6.40pm.
12.05 PM **James and the Giant Peach** As 10.00pm.
1.35 **The Brady Bunch Movie**
3.15 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
5.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
6.40 **Peter Rabbit 2** Comedy sequel. (2020, U, 93min) ★★★

8.20 Mr Magorium's Wonder...

8.20 **Mr Magorium's Wonder Emporium** Fantasy starring Natalie Portman and Dustin Hoffman. The 243-year-old owner of a magical toy store prepares to hand the shop over to his young manager. (2007, U, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **James and the Giant Peach** Fantasy with Paul Terry and Joanna Lumley. (1996, U, 79min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Brady Bunch Movie** Spoof comedy starring Shelley Long. (1995, 12, 89min) ★★★
1.10 AM **The Adventure of A.R.I.: My Robot Friend** Family adventure with Jude Manley. (2020, PG, 89min) ★★
2.50 **Dino Dana: The Movie** Family adventure starring Michela Luci. (2020, U, 85min) ★★
4.20 **to 6.30** AM **Proximity** Sci-fi drama starring Ryan Masson. (2020, PG, 119min) ★★

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **Skyfire** Disaster thriller. (2019, 12, 97min) ★★★
7.40 **Born a Champion** As 3.50am.
9.40 **Aeon Flux** As 2.05am.
11.20 **Warcraft** Fantasy adventure. (2016, 12, 123min) ★★★
1.25 PM **Mortal Kombat** Fantasy. (2021, 15, 110min) ★★
3.25 **The Matrix: Resurrections** Sci-fi action thriller sequel. (2021, 15, 148min) ★★★
6.00 **3 Days to Kill** Action thriller. (2014, 12, 117min) ★★★

6.00 3 Days to Kill

8.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington, Pedro Pascal and Ashton Sanders. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Orson Bean. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

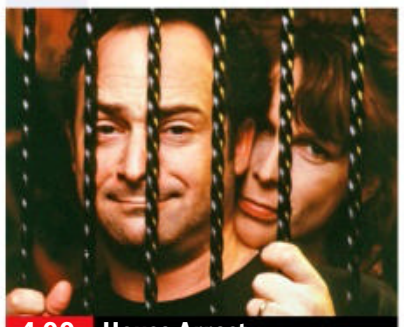
10.00 **One Shot** Thriller starring Scott Adkins, Ashley Greene and Ryan Phillippe. (2021, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Punisher** Action thriller starring John Travolta and Tom Jane. (2004, 18, 123min) ★
1.50 AM **The Cinema List: Alien Invasion**
2.05 **Aeon Flux** Sci-fi action thriller starring Charlize Theron. (2005, 15, 93min) ★★
3.50 **Born a Champion** Sporting drama starring Sean Patrick Flanery. (2020, 15, 112min) ★★
5.45 **to 6.00** AM **The Cinema List: Unlikely Heroes**

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **We Broke Up** As 12.55am.
8.25 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★
10.25 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
12.15 PM **Bewitched** Fantasy. (2005, PG, 102min) ★★
2.15 **Get Over It** Musical comedy. (2001, 12, 86min) ★★
4.00 **House Arrest** Comedy. (1995, PG, 109min) ★★
6.00 **Chef** Jon Favreau's comedy. (2014, 15, 114min) ★★★★


4.00 House Arrest

8.00 **Swingers** Comedy with Jon Favreau, Vince Vaughn and Heather Graham. A group of struggling young actors go looking for good times and girls in the hotspots of LA. (1996, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Jack and Jill** Comedy starring Adam Sandler and Katie Holmes. An LA ad man's twin sister drives him insane when she comes for a visit. (2011, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Poms** Comedy starring Diane Keaton and Jacki Weaver. (2019, 12, 90min) ★★★
12.55 AM **We Broke Up** Comedy drama starring Aya Cash. (2021, 15, 80min) ★★★
2.20 **A Guide to Second Date Sex** Comedy starring Alexandra Roach. (2018, 15, 98min) ★★
3.45 **The Climb** Comedy drama. (2020, 15, 98min) ★★★★
5.25 **to 7.00** AM **The Unicorn** Comedy. (2018, 15) ★★★

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **Days of Thunder** (1990)
8.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
10.10 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
12.20 PM **Vanilla Sky** Romantic fantasy drama with Tom Cruise. (2001, 15, 136min) ★★★
2.40 **A Few Good Men** Legal drama. (1992, 15, 132min) ★★★★
5.00 **Tom Cruise: Movie Maverick**

6.10 **Top Gun** Action drama starring Tom Cruise and Kelly McGillis. (1986, 12, 110min) ★★★
8.00 **The Last Samurai** Epic action drama starring Tom Cruise as an embittered US cavalry officer who rediscovers his lost sense of honour after he is captured by a renegade Samurai warrior in 1876 Japan. Partly subtitled. (2003, 15, 154min) ★★★★
10.35 **Risky Business** Comedy drama starring Tom Cruise. (1983, 18, 98min) ★★★★

12.30 AM **Jack Reacher** Action thriller with Tom Cruise and Rosamund Pike. (2012, 15, 130min) ★★★
2.55 **Days of Thunder** High-speed drama with Tom Cruise, Nicole Kidman and Robert Duvall. (1990, 15, 107min) ★★★
4.45 **to 6.40** AM **Top Gun** (1986)

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Hotel Transylvania 3...**
7.40 **Storks** As shown at 2.00pm.
9.15 **The Magic Roundabout**
10.45 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 89min) ★★★
12.20 PM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
2.00 **Storks** Animated adventure. (2016, U, 87min) ★★★

3.30 **The Magic Roundabout** Animation. (2005, U) ★★★
5.00 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★
6.35 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
8.15 **The Boss Baby 2: Family Business** Animated comedy sequel. (2021, PG, 107min) ★★
10.15 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
12.00 M'T **Weathering With You** Animation. (2019, 12) ★★★★

1.55 AM **Barbie: Spy Squad** Animation. (2016, U) ★★
3.15 **Barbie: Star Light Adventure** Animated sci-fi adventure. (2016, U, 75min) ★★
4.40 **to 6.00** AM **Barbie: Video Game Hero** Animated adventure. (2017, U, 69min) ★★

TCM Movies

315 415 416

6.00 AM **Hollywood's Best Directors**
7.10 **Off Set** With Jamie Cullum.
7.50 **Maverick** (S3&4)
1.20 PM **Face of a Fugitive** Western. (1958, U, 81min) ★★
3.00 **Copper Canyon** Western. (1950, PG, 84min) ★★
4.45 **West of Carson City** Western. (1940, b/w, U, 56min) ★★
5.55 **Jesse James vs the Daltons** Western. (1954, U, 65min) ★★

7.15 **Gun Fight** Western starring James Brown and Joan Staley. (1961, b/w, U, 69min) ★★★
8.40 **Off Set** With Ben Miller.
9.00 **Kelly's Heroes** World War Two comedy starring Clint Eastwood as an American private leading a mission to steal a fortune in gold bullion. With Telly Savalas and Donald Sutherland. (1970, PG, 143min) ★★★★
11.55 **Out for Justice** Martial arts thriller starring Steven Seagal. (1991, 18, 91min) ★

1.50 AM **The Andromeda Strain** Thriller. (1970, PG) ★★★★
4.05 **Off Set** With Michael Caine.
4.30 **Close Up** Ewan McGregor.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Phantom from Space** Thriller. (1953, b/w, U, 73min) ★
7.30 **Colonel March Investigates**
8.50 **Saddle Up**
9.00 **When the Legends Die** Western with Richard Widmark. (1972, PG, 105min) ★★★
11.10 **Saddle Up**
11.20 **Dick Powell's Zane Grey Theatre** *Black Is for Grief.*
11.50 **Saddle Up**

11.55 **Mr Hobbs Takes a Vacation** Comedy. (1962, U, 110min) ★★
2.15 PM **Jivin' & Jammin'**
2.35 **The Bargee** Vintage comedy. (1964, PG, 106min) ★★
4.45 **The Last Day of Trolley Bus 666 Edgware**
5.00 **The Footage Detectives**
6.00 **The Saint** 4/27. (S2)
7.00 **Gaslight Follies** Documentary.
8.35 **Blue Pullman** Documentary.
9.00 **Secret Army** 12/14. (S3)
10.05 **The Last Page** Crime thriller. (1952, b/w, PG, 85min) ★★

11.55 **Value for Money** Romantic comedy starring John Gregson. (1955, U, 89min) ★★
1.40 AM **Big Business** Comedy. (1988, PG, 97min) ★★★
3.30 **to 6.00** AM **Nickelodeon** Comedy drama starring Ryan O'Neal. (1976, U, 122min) ★★

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Shark Season** Thriller starring Michael Madsen. (2020, PG, 87min) ★★
6.50 **This is HorrorXtra**
7.00 **Ice Quake** Sci-fi disaster movie starring Brendan Fehr and Holly Dignard. (2010, PG, 91min) ★★
8.50 **This is HorrorXtra**
9.00 **Rupture** Sci-fi horror starring Noomi Rapace. A divorced single mother is kidnapped and kept for experimentation by a group of sinister scientists. (2016, 15, 102min) ★★

11.00 **Discarnate** Horror thriller starring Thomas Kretschmann. (2018, 18, 84min) ★★
12.45 AM **This is HorrorXtra**
12.55 **Shark Season** As 5.00pm.
2.45 **to 3.00** AM **This is HorrorXtra**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Deliver Us from Evil**
8.00 **Changing Lanes** As 5.00am.
9.55 **Kimi** As shown at 1.35am.
11.40 **Limitless** Action thriller. (2011, 15, 104min) ★★★★
1.40 PM **No Sudden Move** Drama. (2021, 15, 115min) ★★★★
3.40 **The Manchurian Candidate** Political thriller remake. (2004, 15, 130min) ★★★★
6.00 **The Cinema List: Mystery**
6.15 **The Kid Detective** Comedy drama. (2020, 15) ★★★★

6.15 The Kid Detective

8.00 **The Little Things** Crime drama starring Denzel Washington. A deputy sheriff is sent to Los Angeles for what should be a quick assignment, but he becomes embroiled in the search for a serial killer. (2021, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Girl** Revenge thriller with Bella Thorne, Chad Faust and Mickey Rourke. (2020, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Naked Singularity** Crime comedy drama starring John Boyega and Olivia Cooke. (2021, 15, 93min) ★★★
1.35 AM **Kimi** Crime thriller starring Zoë Kravitz and Rita Wilson. (2022, 15, 87min) ★★★★
3.10 **Deliver Us from Evil** South Korean crime thriller. Subtitled. (2020, 15, 108min) ★★★★
5.00 **to 6.40** AM **Changing Lanes** Thriller starring Ben Affleck. (2002, 15, 99min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Stand by Me** As 11.40pm.
7.30 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
9.15 **Jersey Girl** As 1.10am.
11.00 **Dirty Pretty Things** Thriller. (2002, 15, 97min) ★★★
12.45 PM **The Englishman Who Went Up a Hill, but Came Down a Mountain** (1995, PG) ★★★
2.30 **Last Night** (2010, 12) ★★★
4.10 **Elizabethtown** (2005, 12) ★★
6.15 **Almost Famous** Music drama. (2000, 15, 126min) ★★★★

4.10 Elizabethtown

Almost Famous (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **American Gangster** Ridley Scott's epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Stand by Me** Nostalgic drama, starring Wil Wheaton, River Phoenix and Corey Feldman. (1986, 15, 89min) ★★★★★
1.10 AM **Jersey Girl** Romantic comedy drama starring Ben Affleck and Liv Tyler. (2004, 12, 102min) ★★
2.55 **All My Life** Romantic drama. (2020, 12, 91min) ★★
4.30 **to 6.00** AM **The Desperate Hour** Suspense thriller. (2021, 12, 84min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.00 AM **The Hole** (2009, 12) ★★★
7.45 **The Host** As 3.50am.
10.00 **Voyagers** As 2.00am.
12.00 NOON **Sorority Row** Horror. (2009, 15, 100min) ★★
1.55 PM **The Cinema List**
2.10 **Candyman** Horror chiller. (1992, 18, 97min) ★★★★
3.55 **Knowing** Sci-fi mystery thriller. (2009, 15, 116min) ★★★★
6.00 **Pan's Labyrinth** Guillermo del Toro's horror fantasy. Subtitled. (2006, 15, 120min) ★★★★★

8.00 Dune

8.00 **Dune** Denis Villeneuve's sci-fi drama starring Timothée Chalamet. The son of a noble family is entrusted with the protection of the most valuable asset and most vital element in the galaxy. With Rebecca Ferguson, Zendaya and Josh Brolin. (2021, 12, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

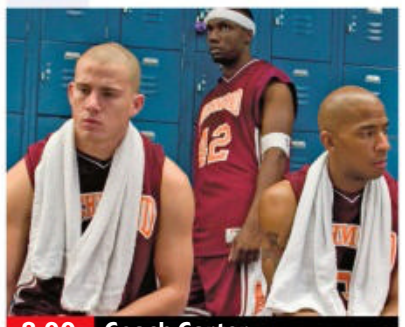
10.35 **Halloween Kills** Horror sequel starring Jamie Lee Curtis, Judy Greer and Andi Matichak. (2021, 18, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Willy's Wonderland** Horror comedy starring Nicolas Cage and Emily Tosta. (2021, 15, 88min) ★★★★
2.00 **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
3.50 **to 6.00** AM **The Host** Romantic sci-fi thriller. (2013, 12, 127min) ★★★

Sky Cinema True Stories

302 302 856 402 502 516

6.35 AM **Extremely Wicked, Shockingly Evil and Vile**
8.35 **Erin Brockovich** As 10.20pm.
10.55 **The Danish Girl** Drama. (2015, 15, 117min) ★★★
1.00 PM **King Richard** Biopic. (2021, 12, 144min) ★★★★
3.30 **The Impossible** Disaster drama starring Naomi Watts. (2012, 12, 109min) ★★★★
5.25 **Straight Outta Compton** Biopic with O'Shea Jackson Jr. (2015, 15, 157min) ★★★



8.00 Coach Carter

8.00 **Coach Carter** Sporting drama inspired by a true story, starring Samuel L Jackson as a high-school basketball coach who creates a scandal when he suspends his undefeated team for failing to keep up their academic grades. With Channing Tatum. (2004, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Erin Brockovich** Fact-based legal drama starring Julia Roberts, Albert Finney and Aaron Eckhart. (2000, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Mandela: Long Walk to Freedom** Biopic starring Idris Elba. (2013, 12, 147min) ★★★
3.05 **Extremely Wicked, Shockingly Evil and Vile** Biopic starring Zac Efron. (2019, 15, 108min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Carry On Spying** Spoof. (1964, b/w, U, 84min) ★★★★
12.45 PM **DragonHeart** Adventure. (1996, PG, 103min) ★★★
2.50 **Muppets from Space** Comedy. (1999, U, 85min) ★★★
4.35 **Crocodile Dundee** Adventure starring Paul Hogan. (1986, 15, 102min) ★★★★★
6.30 **Mortal Engines** Fantasy adventure with Hera Hilmar. (2018, 12, 128min) ★★★

6.30 Mortal Engines

Mortal Engines (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Deadpool** Comedy adventure starring Ryan Reynolds and Morena Baccarin. A disfigured mercenary develops superhuman powers, which he uses to get payback on the man who ruined his life. (2016, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **Vivarium** Sci-fi thriller starring Jesse Eisenberg and Imogen Poots. A couple are keen to buy their first home together, but when they do, things take a strange turn. (2019, 15, 97min) ★★★
1.05 **to 3.05** AM **Custody** French drama with Lea Drucker and Denis Menochet. Subtitled. (2017, 15, 93min) ★★★★

11 PM

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **Mr Blandings Builds His Dream House** Classic comedy. (1948, b/w, U, 84min) ★★★★★
7.50 **The White Tower** Adventure. (1950, U, 98min) ★★
9.40 **Till the End of Time** Drama. (1946, b/w, PG, 105min) ★★★
11.45 **Berlin Express** Spy thriller. (1948, b/w, PG, 87min) ★★★
1.30 PM **Hannibal** Historical action drama. (1959, PG, 103min) ★
3.35 **Ivanhoe** Romantic adventure. (1981, PG, 136min) ★★★
6.20 **The Charge of the Light Brigade** Satirical period drama. (1968, PG, 130min) ★★★
9.00 **Revolution** Hugh Hudson's epic drama about the American War of Independence, starring Al Pacino as a trapper who becomes caught up in the struggle against the British. (1985, PG, 123min) ★
11.15 **Nocturne** Detective thriller. (1946, b/w, PG, 88min) ★★★
1.00 AM **Farewell, My Lovely** Thriller. (1945, b/w, PG, 95min) ★★★★★
2.50 **Tunes of Glory** Vintage drama. (1960, PG, 107min) ★★★★
4.40 **to 6.00** AM **Strongroom** Thriller. (1961, b/w, PG, 80min) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.10 AM **Stand Your Ground** Drama. (2013, PG, 107min) ★★
11.25 **Deadly B&B** Suspense thriller. (2018, 12, 90min) ★
1.30 PM **Silverado** Western starring Kevin Kline and Kevin Costner. (1985, PG, 132min) ★★★
4.00 **First Knight** Romantic mythical drama starring Sean Connery, Richard Gere and Julia Ormond. (1995, PG, 134min) ★★
6.45 **Volcano** Disaster drama starring Tommy Lee Jones and Anne Heche. A torrent of molten lava threatens to engulf Los Angeles after an earthquake opens a volcanic vent beneath the city. (1997, 12, 103min) ★★
9.00 **Snowpiercer** Fantasy thriller starring Chris Evans. In a snow-ravaged world, travellers fight for survival on a train that perpetually circumnavigates the globe. With Song Kang-ho. (2013, 15, 126min) ★★★★
11.35 **Momentum** Action thriller. (2015, 15, 94min) ★★★
1.30 AM **Aftermath** Drama. (2016, 15, 94min) ★★
3.30 **to 6.00** AM **Where Angels Fear to Tread** (1991, PG) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Starsky and Hutch** Crime drama. (1975, PG, 74min) ★★
7.30 **The Lone Gun** Western. (1954, U, 78min) ★★
9.05 **Fort Massacre** Western. (1958, U, 81min) ★★
10.50 **Coroner Creek** Western. (1948, PG, 89min) ★★
12.55 PM **Red Rose of Normandy** World War Two adventure. (2011, 12, 98min) ★★
3.00 **M*A*S*H** 1-8/24. Korean War comedy starring Alan Alda. (S1)
7.00 **The Bridge on the River Kwai** David Lean's classic Oscar-winning World War Two drama starring Alec Guinness and William Holden. PoWs held by the Japanese are forced to build a strategic railway bridge. (1957, PG, 161min) ★★★★★
10.20 **Submarine Raider** Wartime drama starring John Howard, Marguerite Chapman and Bruce Bennett. (1942, U, 64min) ★★
11.45 **The War in the Jungle**
1.00 AM **Starsky and Hutch** Crime drama starring Paul Michael Glaser. (1975, PG, 74min) ★★
2.35 **to 4.00** AM **Hijacked** Action thriller. (2017, 15, 88min) ★★

+1 hour 324

Movies 24

325 419

7.00 AM **A Nashville Christmas Carol** As shown at 7pm.
9.00 **Christmas at Castle Hart**
11.00 **Open By Christmas** As 11pm.
1.00 PM **The Christmas House 2: Deck Those Halls** As 1am.
3.00 **Delivered by Christmas** Festive comedy. (2020, PG, 84min) ★★
5.00 **Magical Christmas Shoes** Romantic comedy drama. (2019, PG, 87min) ★★
7.00 **A Nashville Christmas Carol** Romantic drama starring Jessy Schram and Wes Brown. A TV producer crosses paths with festive spirits determined for her to revisit her past. (2020, PG, 89min) ★★
9.00 **Christmas at Castle Hart** Drama with Lacey Chabert and Stuart Townsend. A case of mistaken identity results in an American tourist having to manage a Christmas party at an Irish castle. (2021, PG, 90min) ★★
11.00 **Open By Christmas** Festive drama. (2021, PG, 84min) ★★
1.00 AM **The Christmas House 2: Deck Those Halls** Comedy sequel. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **Delivered by...**

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

6.05 PM **Night at the Museum: Secret of the Tomb** *E4* ★★★
6.20 **The Devil's Brigade** *5Action* World War Two drama. ★★
7.00 **Finding Your Feet** *Channel 4* Family comedy drama. ★★
7.00 **Ape vs Monster** *Syfy* Sci-fi action adventure. ★★
8.00 **The Mummy** *ITV4* Fantasy action adventure. ★★★★
9.00 **Dunkirk** *BBC2* Drama starring Kenneth Branagh. ★★★★★
9.00 **Daddy's Home** *E4* Comedy starring Will Ferrell. ★★★
9.00 **Saturday Night Fever** *5STAR* Dance drama. ★★★★
9.00 **Austin Powers: International Man of Mystery** *Comedy Central* Spy spoof. ★★★★
9.00 **Hacksaw Ridge** *5Action* Fact-based drama. ★★★★
10.00 **Shirley Valentine** *Channel 5* Romantic comedy. ★★★★
10.00 **Rambo** *Dave* Drama. ★★★
10.30 **Rain Man** *BBC1 (NI: 11.15pm)* Oscar-winning drama. ★★★★
10.30 **Enemy of the State** *ITV4* Thriller with Will Smith. ★★★★
11.25 **Dangerous Minds** *5STAR* ★★★
11.50 **Navy S.E.A.L.S** *5Action* ★
3.00 AM **Speed Kills** *Syfy* Thriller. ★★

Sunday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

- 7.00 AM **Good Morning Sports Fans**
- 9.30 **Test Cricket Bitesize**
- 9.45 LIVE **Test Cricket England v India.** Coverage of day three of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
- 1.30 PM LIVE **Formula 1** Build-up.
- 2.55 LIVE **Formula 1** The British Grand Prix, the 10th round of the season, which takes place at Silverstone. Start-time **3.00pm**.
- 5.00 LIVE **Test Cricket England v India.** Further coverage of day three of the fifth and final Test in the series at Edgbaston.
- 6.25 LIVE **Vitality T20 Blast Cricket** A T20 match.
- 10.00 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the John Deere Classic, taking place at TPC Deere Run in Silvis, Illinois.
- 11.00 **Sky Sports News**
- 12.30 AM LIVE **MLS Columbus Crew v Philadelphia Union.** Coverage of the Eastern Conference clash from Lower.com Field. Kick-off **12.30am**.
- 2.40 **My Icon**
- 3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Years**
- 9.00 **Soccer AM: The Best Bits**
- 10.00 **Premier League** A re-run of Brentford v Everton.
- 12.00 NOON **Premier League** Burnley v Leeds United.
- 2.00 PM **Premier League** A replay of the match between Tottenham Hotspur and West Ham United.
- 4.00 **Premier League** A replay of Chelsea v Newcastle United.
- 6.00 **Premier League** A re-run of Crystal Palace v Leicester City.
- 8.00 **Premier League** A replay of Crystal Palace v Liverpool.
- 10.00 **Premier League 100 Club** The best of Alan Shearer's 260 goals in the Premier League.
- 10.30 **Premier League Icons** A profile of Gareth Bale.
- 11.00 **PL Retro** Leicester City v Manchester United.
- 1.00 AM **Premier League Years** The 2012/13 season.
- 3.00 **PL Greatest Games**
- 4.00 **PL Best Goals 01/02**
- 5.00 **Best PL Goals: Tottenham v Chelsea**
- 5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

- 6.00 AM **EFL Greatest Games**
- 7.00 **EFL Cup Highlights**
- 10.00 **EFL Cup Final 20** Aston Villa v Manchester City in the final.
- 11.00 **Best Goals: Carabao Cup 2019/20** League Cup highlights.
- 11.30 **EFL Highlights**
- 6.45 PM **EFL Championship Highlights** Action from Fulham v Birmingham City.
- 7.00 **EFL Highlights**
- 8.00 **EFL Championship Highlights** Fulham v Nottingham Forest.
- 8.15 **EFL Championship Highlights** Queens Park Rangers v Fulham.
- 8.30 **EFL Highlights**
- 10.00 LIVE **MLS New York City FC v Atlanta United FC.** The Eastern Conference clash from Yankee Stadium. Kick-off **10.00pm**.
- 12.10 AM **MLS**
- 12.15 **EFL Greatest Games** Hull City v Reading from the 2015/16 Championship season.
- 12.30 LIVE **MLS Columbus Crew v Philadelphia Union.** The Eastern Conference clash from Lower.com Field. Kick-off **12.30am**.
- 2.40 **MLS** Josef Martinez goals.
- 2.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

- 6.00 AM **Dinesh Karthik Meets**
- 6.45 **Test Cricket Bitesize**
- 7.00 **Test Cricket** England v India.
- 8.00 **The Fletcher Years**
- 8.30 **Test Cricket** England v India.
- 9.30 **Test Cricket Bitesize**
- 9.45 LIVE **Test Cricket England v India.** Coverage of day three of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
- 6.25 PM LIVE **Vitality T20 Blast Cricket** Coverage of a T20 clash.
- 10.00 **Test Cricket** England v India: Highlights of the third day's play of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
- 11.00 **Test Cricket Bitesize**
- 11.15 **Vitality T20 Blast Cricket** Durham Jets v Northamptonshire Steelbacks in the 2016 final.
- 11.45 **T20 Blast 2006** Leicestershire Foxes v Notts Outlaws in the 2006 final.
- 12.00 M'T **Test Cricket**
- 1.00 AM **Vitality T20 Blast Cricket** A replay of a T20 match.
- 4.35 **Voices of Summer**
- 5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

- 6.00 AM **PGA Tour Golf**
- 10.00 **European Challenge Tour Golf**
- 10.30 **DP World Tour Golf** Action from the third day of the Irish Open.
- 11.30 LIVE **Ladies European Tour Golf** Coverage of the fourth and final day of the Amundi German Masters, which takes place at Golf and Country Club Seddiner See e. V. in Michendorf.
- 1.00 PM LIVE **DP World Tour Golf** The fourth and final day of the Irish Open, taking place at Mount Juliet Estate in County Kilkenny.
- 5.30 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the John Deere Classic, taking place at TPC Deere Run in Silvis, Illinois.
- 11.00 **DP World Tour Golf** The fourth and final day of the Irish Open.
- 12.00 M'T **The Open Films: Clarke 2011** Action from the 2011 Open Championship.
- 1.00 AM **DP World Tour Golf**
- 2.00 **Chronicles of a Champion Golfer** Double bill of editions.
- 3.00 **DP World Tour Golf**
- 4.00 **PGA Tour Golf**
- 5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

- 7.00 AM **ESPN FC** Football news.
- 7.30 **Heineken Champions Cup** The 2021/22 competition.
- 8.00 LIVE **AFL Fremantle Dockers v Port Adelaide Power.** Coverage of the match from Optus Stadium. Bounce-up **8.20am**.
- 11.00 **BT Sport Fight Night**
- 1.00 PM LIVE **World Seniors Darts Matchplay** The quarter-finals of the tournament, which takes place at the Bonus Arena in Hull.
- 5.00 LIVE **FIH Hockey Women's World Cup South Korea v Canada.** Coverage of the Pool C match from Estadi Olimpic de Terrassa. Push-back **5.30pm**.
- 7.00 LIVE **World Seniors Darts Matchplay** The semi-finals and final of the tournament, held at the Bonus Arena in Hull.
- 11.00 **UFC** Action from Israel Adesanya v Jared Cannonier.
- 2.00 AM **UFC: The Ultimate Fighter** Following MMA fighters as they compete against each other.
- 3.00 **Heineken Champions Cup**
- 3.30 **West Indies v England – Cricket Classics**
- 5.30 **to 6.00** AM **BT Sport Reload**

BT Sport 2

414 414 871 | 528 | 409 431

- 6.00 AM **Polo Rider Cup**
- 7.00 **PSA Squash Highlights**
- 8.00 **WWE Raw Highlights**
- 9.00 LIVE **Motorsport: DTM** The second qualifying session.
- 9.45 **MotoGP Rewind**
- 10.00 **WWE SmackDown Highlights**
- 11.00 **Sport in Focus**
- 11.15 **Gearing Up**
- 11.45 **Formula Regional European Championship**
- 12.15 PM LIVE **Motorsport: DTM** Race two from the Norisring.
- 1.45 **BT Sport Reload**
- 2.00 LIVE **DTM Trophy** Coverage of race two at Norisring in Germany.
- 3.00 **Formula Regional European Championship**
- 3.30 LIVE **FIH Hockey Women's World Cup England v India.** Push-back **3.30pm**.
- 5.30 **Premier League Stories**
- 6.00 **MotoGP Rewind**
- 6.15 LIVE **T20 Cricket West Indies v Bangladesh.** The second T20 in the three-match series.
- 10.00 **AFL**
- 2.00 AM **FIH Hockey Women's World Cup** England v India.
- 3.00 **to 6.00 Highlights**

BT Sport 3

417 417 874 | 529 | 410 432

- 6.00 AM LIVE **Badminton** Coverage of the Malaysia Open Finals.
- 11.30 **Badminton Unlimited**
- 12.00 NOON **T20 Cricket Highlights**
- 1.00 PM **FIH Hockey Women's World Cup** Netherlands v Ireland.
- 2.00 LIVE **FIH Hockey Women's World Cup Belgium v South Africa.** Push-back **2.00pm**.
- 4.00 LIVE **World Rallycross** Coverage of the opening stages of round two from Holjes, Sweden.
- 5.30 **WSL Presents**
- 6.30 LIVE **FIH Hockey Women's World Cup Germany v Netherlands.** Coverage of the Pool A match. Push-back **6.30pm**.
- 8.30 LIVE **FIH Hockey Women's World Cup Spain v Argentina.** Coverage of the Pool C match. Push-back **8.30pm**.
- 10.30 **WWE NXT UK**
- 11.30 **WWE SmackDown Highlights**
- 12.30 AM **WWE NXT**
- 2.15 **MotoGP Rewind**
- 2.30 **Gearing Up**
- 3.00 **Fishing: On the Bank**
- 4.00 **Polo Rider Cup**
- 5.00 **to 6.00** AM **ESPN Classic Boxing**

Sky Sports Action

407 407 865 | 517 507 | 426 446

- 6.00 AM **NFL Bitesize Highlights**
- 6.30 **International Rugby Union**
- 5.15 PM **Rugby Greatest Games** Action from Australia v New Zealand from 2000.
- 5.25 **Rugby Greatest Games** New Zealand v Australia from 2017.
- 5.30 LIVE **Indycar** Coverage of he Honda Indy 200 at Mid-Ohio, the ninth round of the Indy Car season, held at Mid-Ohio Sports Car Course in Lexington, Ohio.
- 8.00 **International Rugby Union** Highlights of Australia v England.
- 9.00 **Top Rank Boxing Archive** Floyd Mayweather v Diego Corrales from 2001.
- 10.00 **Top Rank Boxing Archive** Erik Morales v Marco Barrera from 2000, which served as the first in a trilogy of fights between the two.
- 11.15 **Top Rank Boxing Archive** The first fight between Thomas Hearns and Iran Barkley from 1988.
- 11.30 **International Rugby Union** Another chance to see Argentina v Scotland in the first Test.
- 2.30 AM **International Rugby Union**
- 5.15 **NFL Bitesize Highlights**
- 5.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

- 6.00 AM **Drone Racing League**
- 8.00 **Super League Highlights**
- 8.30 **International Rugby Union**
- 9.30 LIVE **Suncorp Netball** The Grand Final at RAC Arena, Perth.
- 12.00 NOON LIVE **Ladies European Tour Golf** The fourth and final day of the Amundi German Masters.
- 2.30 PM **Women's Test Cricket**
- 3.30 **Story of 2021 NBA Finals**
- 4.15 **WNBA**
- 6.00 LIVE **WNBA Connecticut Sun v Washington Mystics.** Tip-off **6.00pm**.
- 8.00 **High Tops**
- 8.30 LIVE **WNBA Atlanta Dream v Seattle Storm.** Coverage of the match from The Gateway Centre.
- 10.30 **Women's Test Cricket**
- 11.30 **Sail GP**
- 12.00 M'T **Super League Highlights**
- 12.30 AM LIVE **MLS Columbus Crew v Philadelphia Union.** Kick-off **12.30am**.
- 2.40 **MLS** Josef Martinez goals.
- 2.45 **My Icon** Shaun Gayle.
- 3.00 **NFL: America's Game**
- 4.00 **NFL Bitesize Highlights**
- 5.45 **to 6.00** AM **Super Bowl LVI Highlights**

BT Sport/ESPN

423 423 876 | 530 | 411 434

- 6.00 AM **ESPN FC** Football news.
- 6.30 **BT Sport Reload**
- 6.45 **MLB**
- 9.45 LIVE **FIM JuniorGP Championship** Coverage of round four from Jerez, Spain.
- 3.00 PM **CFL**
- 5.30 **MLB Quick Pitch** A
- 6.30 **Baseball Today in the UK**
- 7.00 LIVE **MLB Houston Astros v Los Angeles Angels.** The American League match at Minute Maid Park. Start-time **7.10pm**.
- 10.30 **MLB Plays of the Week**
- 11.00 **Baseball Tonight**
- 12.00 M'T LIVE **MLB Philadelphia Phillies v St Louis Cardinals.** Coverage of the National League match from Citizens Bank Park. Start-time **12.08am**.
- 3.30 AM **Formula Regional European Championship**
- 4.00 **NHRA Drag Racing Highlights**
- 5.00 **to 6.00** AM **WRC Review**

Eurosport 1

410 410 868 | 521 | 412 435

- 6.30 AM **Tour de France: The Breakaway**
- 7.00 **Cycling: Giro d'Italia Women**
- 8.30 **Tennis: Wimbledon**
- 10.00 **Cycling: Tour of Flanders**
- 10.15 **Cycling: Tour de France**
- 11.15 **Tour de France: The Breakaway**
- 11.45 LIVE **Cycling: Tour de France** Coverage of stage three.
- 5.15 PM **Olympics: Legends Live On**
- 5.45 **Cycling: Paris-Roubaix**
- 6.00 **Climbing World Cup**
- 8.00 **Cycling: Tour de France**
- 9.00 **Tour de France: The Breakaway**
- 9.30 **Discovery Golf**
- 10.00 **Cycling: Spanish Road Champs**
- 11.00 **Cycling: Tour de France**
- 12.00 M'T **Tour de France: The...**
- 12.30 AM **Tennis: Wimbledon**
- 2.00 **Cycling: Tour de France**
- 3.00 **Tour de France: The Breakaway**
- 3.30 **Olympics: Legends Live On**
- 4.00 **Tennis: Wimbledon**
- 5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

- 6.00 AM **Tennis: Wimbledon**
- 7.30 **Discovery Golf**
- 8.00 **World Superbikes**
- 9.55 **Speedway Grand Prix**
- 10.50 **World Touring Car Cup**
- 11.50 LIVE **Porsche Supercup** Coverage of the British Grand Prix.
- 1.00 PM LIVE **World Touring Car Cup** Race one from Portugal.
- 2.00 **British Speedway**
- 3.00 **British Superbikes**
- 4.00 **Formula E**
- 5.00 LIVE **World Touring Car Cup** Coverage of race two in Portugal.
- 6.00 **British Speedway**
- 7.00 **Formula E**
- 8.00 **Speedway Grand Prix**
- 9.00 **Formula E**
- 10.00 **Tennis: Wimbledon**
- 11.30 **Olympics: Legends Live On**
- 12.30 AM **Cycling: Tour de France**
- 1.30 **Tour de France: The Breakaway**
- 2.00 **Tennis: Wimbledon**
- 3.30 **Cycling: Tour de France**
- 4.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

- 7.00 AM **Super League Highlights**
- 7.30 **Show Jumping**
- 8.30 **Women's State Of Origin**
- 9.30 LIVE **Suncorp Netball** Coverage of the Grand Final from RAC Arena in Perth.
- 12.00 NOON **State of Origin Rugby League**
- 2.00 PM **Super League Highlights**
- 3.00 LIVE **GAA** A semi-final.
- 5.30 **Super League Highlights**
- 6.00 LIVE **WNBA Connecticut Sun v Washington Mystics.** Coverage of the match from Mohegan Sun Arena. Tip-off **6.00pm**.
- 8.00 **NBA Hardwood Classic Games**
- 8.30 LIVE **WNBA Atlanta Dream v Seattle Storm.** Coverage of the match from The Gateway Centre.
- 10.30 **NBA Basketball**
- 12.30 AM **Super League Highlights**
- 1.45 **Women's Super League**
- 2.00 **World Cup of Darts**
- 5.15 **to 6.00** AM **Darts Gold**

Sky Sports F1

406 406 864 | 516 506 | 425 445

- 6.00 AM **Highlights**
- 8.30 LIVE **Formula 3** The feature race from the British Grand Prix.
- 9.30 **F1 Features**
- 10.00 LIVE **Formula 2** The feature race from the British Grand Prix.
- 11.15 **Formula 1**
- 11.45 **F1 Features**
- 12.05 PM LIVE **Porsche Supercup** Round three from Silverstone.
- 12.45 **F1 Features**
- 1.00 **The Notebook**
- 1.30 LIVE **Formula 1** Build-up.
- 2.55 LIVE **Formula 1** The British Grand Prix. Start-time **3.00pm**.
- 5.00 **Formula 1**
- 6.00 **The Notebook**
- 6.30 LIVE **Indycar** Coverage of the Honda Indy 200 at Mid-Ohio.
- 8.00 **Formula 1**
- 9.00 LIVE **GT World Challenge Europe** The GT World Challenge Sprint Cup from Misano, Italy.
- 11.00 PM **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

Monday

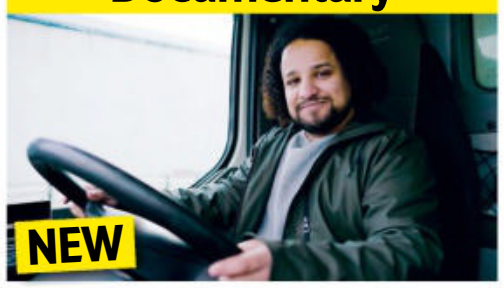
4 July

Evening Planner

Factual

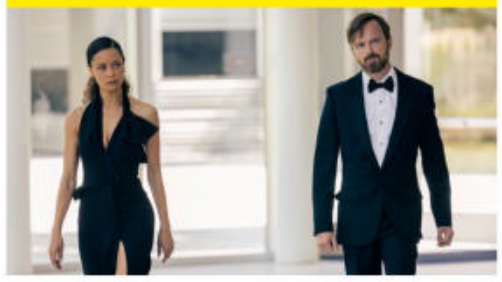
Live: Summer on the Farm
Channel 5, 8pm
Martin Hughes-Games (pictured) and Helen Skelton host a week of 'anything could happen' farm action in Yorkshire

Documentary



Queen of Trucks
BBC3, 8pm
Behind the scenes of a trucking school, where learners can gain their HGV licence after an intense five-day course

Sci-Fi



Westworld
Sky Atlantic, 9pm
As the sci-fi drama continues, Maeve (Thandiwe Newton) is on a quest find out why the upgraded robots are on her trail

Documentary

The Extraordinary Life of April Ashley
C4, 10pm
Documentary looking at the life of the transgender model and activist

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Wimbledon – Live: Further coverage of the eighth day			8.30 Extraordinary... †	9.00 DIY SOS: The Big Build		10.00 News; Local News	
102 BBC2	7.00 The One Show	7.30 EastEnders		8.30 Today at Wimbledon		9.30 Aids: The Unheard Tapes		10.30 Newsnight
103 ITV	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Food Unwrapped's Italian Adventures		9.00 24 Hours in Police Custody...		10.00 The Extraordinary Life of April Ashley	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Live: Summer on the Farm		9.00 Police: Hour of Duty		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Chernobyl: The Lost Tapes			
ENTERTAINMENT								
117 BBC3	7.00 Top Gear		8.00 Queen of Trucks	8.30 We Are England	9.00 Cuckoo		10.00 Film: Kick-Ass 2	
116 BBC4	7.00 Cricket: Today at the Test		8.00 Building Britain's Biggest Nuclear...		9.00 Inside Porton Down: Britain's Secret...		10.00 How to Build a Nuclear Submarine	
118 ITV2	7.00 Bob's Burgers		8.00 Superstore		9.00 Love Island		10.05 Don't Hate the Playaz	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY		7.55 Devon and Cornwall		9.00 River Cottage Reunited		10.00 Moors Murders: The Lost Letters	
135 E4	7.00 Hollyoaks	7.30 Neighborhood	8.00 Below Deck		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods				10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.45 The Wire		7.55 Game of Thrones		9.00 Westworld		10.05 We Own This City	
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life		9.15 Men Behaving Badly			10.35 Not Going...
111 DAVE	7.00 Richard Osman's...	7.40 Room 101			9.00 QI XL		10.00 Big Zuu's Big Eats	10.40 Mock...
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Blue Murder	
120 ITV4	7.00 Goodwood Festival of Speed Highlights				9.00 Film: Assassins			
112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Live at the Apollo		10.00 Kevin Bridges: A Whole Different...	
152 SYFY	7.00 Quantum Leap		8.00 Star Trek: Deep Space Nine		9.00 Grimm		10.00 Film: Ape vs Monster	
113 SKY MAX	7.00 Stargate SG-1		8.00 Resident Alien		9.00 The Midwich Cuckoos		10.00 A League of Their Own Road Trip...	
132 ALIBI	7.00 Rizzoli & Isles		8.00 Death in Paradise		9.00 Miss Fisher's Murder Mysteries		10.00 Murdoch Mysteries	
130 SKY ARTS	7.00 André Rieu: Welcome to My World				9.00 Reinventing the Orchestra with...		10.00 Sky Arts Big Hay Weekend	
DOCUMENTARY								
125 DISCOVERY	7.00 Outback Truckers		8.00 Fast N' Loud		9.00 Getaway Driver		10.00 Street Outlaws	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Expedition Bigfoot				10.00 The Last Alaskans	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Megastructures		9.00 Ice Road Rescue		10.00 Wicked Tuna	
123 SKY HISTORY	7.00 Forged in Fire		8.00 The Plane That Led D-Day		9.00 Bomber: Terror of WWII		10.00 History of the Tank	
155 YESTERDAY	7.00 Abandoned Engineering		8.00 Inside the Factory		9.00 Scouting for Toys		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Inside the Freemasons		8.00 Veleno: The Town of Lost Children		9.00 Chernobyl: The Lost Tapes			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 The Gateway		8.00 King Richard					10.30 Lansky
303 HITS	◂ 5.50 The Mexican		8.00 Hulk					10.20 Centurion
304 GREATS	◂ 5.45 Crouching Tiger, Hidden Dragon		8.00 Raiders of the Lost Ark				10.00 American Beauty	
305 ANIMATION	◂ 6.30 Surf's Up		8.00 The Wishmas Tree			9.40 Gnomeo & Juliet		
306 FAMILY	◂ 6.45 Tom & Jerry: The Movie			8.30 Scooby-Doo			10.00 Casper	
307 ACTION	◂ 6.00 The Bourne Identity		8.00 The Bourne Supremacy			9.50 The Bourne Ultimatum		
308 COMEDY	◂ 6.10 Swingers		8.00 Around the World in 80 Days				10.05 Dinner for Schmucks	
309 THRILLER	◂ 6.00 Patriot Games		8.00 Clear and Present Danger					10.25 Revolver
310 DRAMA		7.10 Eternal Sunshine of the Spotless Mind			9.00 Chocolat			
311 SCI-FI	◂ 6.10 Antlers		8.00 Interstellar					
302 MUSIC	◂ 6.00 Chicago		8.00 Whiplash				10.00 Dirty Dancing 2: Havana Nights	
313 FILM4	◂ 6.45 Made in America				9.00 Independence Day			
315 TCM MOVIES	7.00 Code Name: Emerald				9.00 Lethal Weapon			
SPORT								
401 MAIN EVENT	7.00 Sky Sports News							
402 PREMIER LEAGUE	7.00 Premier League				9.00 Gary Neville's Soccerbox		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 Bundesliga Special		8.00 Bundesliga			9.30 Bundesliga...	10.00 Bundesliga	
404 CRICKET	◂ 6.30 Cricket in...	7.30 Voices of...	8.00 Test Cricket		9.15 Dinesh Karthik Meets		10.00 Test Cricket	
413 BT SPORT 1	◂ 4.00 MLB – Live	7.30 PL Stories	8.00 FIH Hockey Women's World Cup		9.00 Fishing: On the Bank		10.00 What I Wore	10.30 FIM Enduro...
414 BT SPORT 2	7.00 World Seniors Darts Matchplay				9.00 UFC			

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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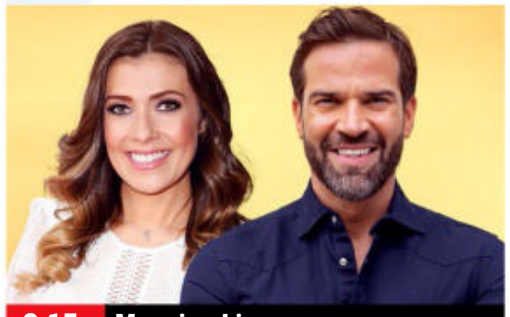
Monday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Frontline Fightback** New edition Police hunt down a serial arsonist who set fire to five cars. (S)(AD)
10.45 **Expert Witness** (S)(R)(AD)
11.15 **Homes Under the Hammer** Properties in Staffordshire, Glasgow and London. (S)(R)(AD)
12.15 PM **Bargain Hunt** New edition From Shropshire. (S)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **LIVE Wimbledon** Coverage of the eighth day from the All England Club, where the fourth round of the men's and ladies' singles competitions are scheduled to continue. *Continues on BBC2*. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.15 Morning Live

7 PM
7.00 **LIVE Wimbledon** Further coverage of the eighth day's play from the All England Club, where the fourth round of the men's and ladies' singles competitions are scheduled to conclude. (S)
■ *Today at Wimbledon* follows on BBC2

8 PM
8.30 **Extraordinary Portraits** New edition 4/6. Amar Stewart paints a portrait of record-breaking powerlifter Karenjeet Kaur Bains. (S)(AD)

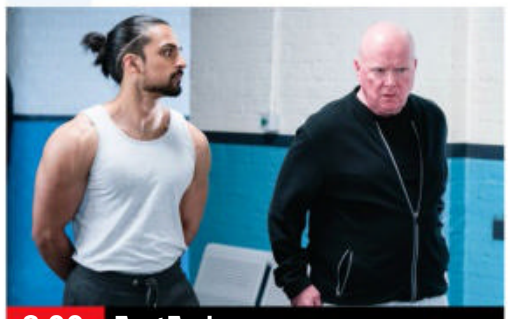
9 PM
9.00 **DIY SOS: The Big Build** Nick Knowles and the team enlist the help of hundreds of volunteers to renovate the home of three orphaned boys living with their grandparents in Carbis Bay, Cornwall. (S)(R)(AD)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Hungry for It** 4/8. The cooks level up vegetarian junk food and create a menu of meat alternatives for a packed-out hub. (S)(R)(AD)
11.40 **Have I Got a Bit More News for You** Katherine Ryan hosts an extended edition of the satirical quiz from May 2019, with guests Andy Hamilton and Cariad Lloyd joining team captains Ian Hislop and Paul Merton. (S)(R)
12.25 AM **Have I Got a Bit More News for You** Jo Brand hosts, with Heidi Allen and Phil Wang. (S)(R)
1.05 **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Frontline Fightback** How dashcam footage helped in the aftermath of a collision. (S)(R)(AD)
7.15 **Bargain Hunt** Eric Knowles and experts Kate Bliss and Gary Pe join two teams in West Sussex. (S)(R)
8.00 **Sign Zone: Eat Well for Less?** 5/6. A couple are encouraged to leave their pricey convenience food behind. (S)(R)(AD)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 **LIVE Wimbledon** Coverage of day eight from the All England Club, where the fourth round of the men's and ladies' singles competitions are scheduled to continue. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button



8.00 EastEnders

7 PM
7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** A newcomer causes a stir, and Phil makes an enemy of another prisoner. (S)(AD)

8 PM
8.00 **EastEnders** Phil receives a sinister warning – he dies tomorrow. (S)(AD)
8.30 **Today at Wimbledon** Clare Balding presents highlights of the eighth day's play at the All England Club, featuring matches in the fourth round, plus men's, ladies' and mixed doubles action. (S)
9.30 **Aids: The Unheard Tapes** New edition 2/3. A look at how the government educated the nation about Aids amid rising rates of infection with dedicated hospital wards providing a haven, but deaths continued to increase. (S)(AD)

10 PM
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Cricket: Today at the Test** England v India: Action from day four of the rearranged fifth and final Test, held at Edgbaston. (S)
12.15 AM **FILM Happy End** Drama starring Mathieu Kassovitz and Toby Jones. Partly subtitled. (2017, 15, 105min) ★★★★
2.00 **Sign Zone: Countryfile** (S)(R)
2.55 **Sign Zone: Lenny Henry's Caribbean Britain** (S)(R)(AD)
3.55 **to 6.30** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and the team visit Peterborough, where Tracey Thackery misses out on a real opportunity when she passes on a vase that goes on to do well at auction. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as five members of a family from Lancashire take part. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7 PM
7.30 **Emmerdale** It is the day of Faith's scan and Moira encourages Cain to accompany her. (S)(AD)

8 PM
8.00 **Coronation Street** Evelyn suspects Mimi of trying to sabotage Fiz and Phill's wedding, Spider provides a welcome distraction from Toyah's troubles, and an impressed Kevin takes on Aaron at the garage. (S)(AD)

9 PM
9.00 **Long Lost Family** New edition Davina McCall and Nicky Campbell tell the stories of two women who uncovered life-changing news as adults, leading them both on a hunt for long-lost siblings. (S)(AD)

10 PM
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Savoy** Staff prepare for the re-opening of the hotel's world-famous American bar, the oldest cocktail bar in London. (S)(R)(AD)
11.45 **Wrestling: AEW Dynamite** Hard-hitting wrestling action. (S)
1.25 AM **Shop: Ideal World**
3.00 **NEW Bob Warman: Mr Midlands** A tribute to the ITV News Central presenter as he retires after more than 50 years.
3.25 **Ainsley's Food We Love** With Alexandra Burke. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **5 Gold Rings** Hosted by Phillip Schofield. (S)(SL)(R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.35 AM **3rd Rock from the Sun** (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.15 **Frasier** 22-24/24. (S3) (S)(R)(AD)
9.45 **The Big Bang Theory** (S)(R)(AD)
11.05 **Car S.O.S** A Lotus Elise. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Ramsay's 24 Hours to Hell and Back** From Virginia. (S)(R)(AD)
1.05 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **Find It, Fix It, Flog It** New edition Restoring a vintage car. (S)(AD)
4.00 **A Place in the Sun** New edition From Nerja on the Costa del Sol. (S)
5.00 **Come Dine with Me: The Professionals** New edition Culinary contest from Newcastle. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** The McQueens come up with a plan to help get Bobby's learning back on track. (S)(AD)

8.00 Food Unwrapped's Italian...

7 PM
7.00 **News** (S)
7.55 **The Political Slot** New edition Glasgow councillor Roza Salih sets out the Scottish National Party's view on the importance of refugees in Scotland. (S)

8 PM
8.00 **Food Unwrapped's Italian Adventures** New edition Some of the team's favourite Italian gastronomic getaways, including the stories behind mozzarella, pasta shapes, gelato and tinned tomatoes. (S)(AD)

9 PM
9.00 **NEW SERIES 24 Hours in Police Custody: The Murder of Rikki Neave** 1/2. The 1994 murder of a six-year-old child, the largest unsolved case in the history of Cambridgeshire Police. (S)(AD)
■ Concludes tomorrow

10 PM
10.00 **NEW The Extraordinary Life of April Ashley** Documentary about the dancer, transgender model and restaurateur, whose life took her from Liverpool's slums to the height of Knightsbridge society. *See feature, page 21.* (S)(AD)
11.05 **Freedom: 50 Years of Pride** (R)
12.35 AM **24 Hours in A&E** (S)(R)(AD)
1.25 **Ramsay's Kitchen Nightmares USA** Catch-up show. (S)(SL)(R)
2.15 **Couples Come Dine with Me** (R)
3.10 **NEW Iris Prize Best British Short: Dragged Up** Short film. (S)
3.30 **New Life in the Country** (S)(R)
4.25 **Grand Designs** (S)(SL)(R)(AD)
5.20 **Beat the Chef** (S)(R)
5.45 **Kirstie's House of Craft** (S)(R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.15 PM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.10 **News** (S)
1.15 **Home and Away** (S)(R)(AD)
1.45 **Neighbours** (S)(AD)
2.15 NEW TO C5 **The Chronicle Mysteries: The Retreat** Crime drama starring Alison Sweeney and Benjamin Ayres. *Previously on Movies 24.* (S)
4.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
5.00 **News** (S)
6.00 **Neighbours** Chloe is taken aback when she learns Kiri is going to church. (S)(R)(AD)
6.30 **Celebrity Eggheads** Former politicians and political journalists take part. (S)(R)

9.00 Police: Hour of Duty

7.00 **Police Interceptors** New edition A runaway driver rams a police car after a failed burglary and the suspects manage to give officers the slip. (S)
7.55 **News** (S)
8.00 NEW SERIES **Live: Summer on the Farm** 1/5. Helen Skelton and Martin Hughes-Games host a week of programmes from Cannon Hall Farm in south Yorkshire. (S)
■ Continues tomorrow
9.00 **Police: Hour of Duty** New edition 7/12. Officers are alerted to a major incident at a local hospital in which a man has assaulted three emergency workers and appears to be under the influence of drugs. (S)
10.00 **Casualty 24/7: Every Second Counts** The department is at a standstill at Barnsley Hospital, with consultant doctor Julian Humphrey having to prioritise those who need the most urgent help. (S)(R)
11.05 **Ambulance: Code Red** A tree surgeon impales himself onto metal railings. (S)(R)
12.05 AM **999: Critical Condition** A man falls down the stairs. (S)(R)
1.00 **LeoVegas Live Casino Show**
3.00 **Entertainment News** (S)
3.05 **Elephant Hospital** (S)(R)
3.50 **Britain's Greatest Bridges** (R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **to 5.25** AM **House Doctor** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Amazing Animal Friends** (R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 10/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S1) (S)(R)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
2.00 **MacGyver** (S1) (S)(R)(AD)
3.00 **Wild Animal Babies** (S)(R)
4.00 **Modern Family** (S3) (S)(R)
5.00 **The Simpsons** *Days of Future Future:* An episode set 30 years in the future. (S)(R)
5.30 **The Fresh Prince of Bel Air** 5/24. Guest stars chat show host Jay Leno. (S)(R) **6.00** 6/24. Will is caught with his trousers down. (S6) (S)(R)
6.30 **The Simpsons** *Brick Like Me:* Homer wakes up to find the world is made of Lego. (S)(R)

9.00 Chernobyl: The Lost Tapes

7.00 **The Simpsons** *Pay Pal:* Marge is concerned that Lisa has no friends and comes up with a plan. (S)(R) **7.30** *The Yellow Badge of Cowardge:* Bart betrays Milhouse during their school sports day. (R)
8.00 **David Attenborough's Wild City** 1/5. The broadcaster examines the wildlife of Singapore, showing the diversity of the urban and hidden environments of animals in the city. (S)(R)(AD)
9.00 **Chernobyl: The Lost Tapes** Newly-discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion. (S)(R)(AD)
10.50 **The Lazarus Project** 3/8. George decides to stop mourning and take action, and turns to the Lazarus Project's sworn enemies for help. (S1) (S)(R)(AD)
11.50 **Sex and the City** 13/18. Carrie feels claustrophobic. (S)(R) **12.25** AM 14/18. The girls go dancing. (S4) (S)(R)
1.00 **The Force: Manchester** (S)(R)
2.00 **Hawaii Five-0** 22&23/25. Double bill. (S5) (S)(R)
4.00 **MacGyver** 16/21. Angus and Jack go on the trail of a fugitive. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND Sky 951, Virgin 862, Freesat 960
8.30-9.00pm Tiny Lives **10.40** Extraordinary Portraits **11.10** Hungry for It **12.10am** Have I Got a Bit More News for You **1.35** Weather **1.40-6.00am** BBC News

N. IRELAND Sky 953, Virgin 863, Freesat 957
8.30-9.00pm Barra's Wild Days Out **10.40** The Band **11.10** Extraordinary Portraits **11.40** Hungry for It **12.40am** Have I Got a Bit More News for You **1.25-6.00am** BBC News

WALES Sky 952, Virgin 864, Freesat 964
8.30pm X-Ray **9.00** Would I Lie to You? **9.30-10.00** Kiri's TV Flashback **10.40** Extraordinary Portraits **11.10** Hungry for It **12.10am** Have I Got a Bit More News for You **1.40** Weather **1.45-6.00am** BBC News

BBC1 North/North East/North West/ Yorkshire & Lincolnshire Sky 956/955/958/957, Freesat 966/956/955/967
11.40pm-12.25am The Super League Show

BBC2

N. IRELAND Sky 972, Freesat 969
9.30pm Pride Live at the Apollo **10.00-10.30** Ceol le Toal **11.15** Aids: The Unheard Tapes **12.15am** Cricket: Today at the Test **1.15** Mock the Week **1.50-2.00am** Suzie Lee: Home Cook Hero

WALES Sky 971, Freesat 971
No variations

ITV

CENTRAL
10.45pm Bob Warman: Mr Midlands **11.10-11.45pm** The Way We Were

WALES
10.45pm Sharp End **11.15-11.45pm** Coast & Country

S4C

Sky 134, Virgin 166, Freesat 120
6.00am Cyw **12.00noon** Newyddion **12.05pm** Caru Siopa **12.30** Heno **1.00** Bwyd Epic Chris **1.30** Sgwrs Dan y Lloer **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Drych: Bois yr Academi **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymru, Dad a Fi **6.25** Chwedloni **6.30** Rownd a Rownd **7.00** Heno **7.30** Newyddion **8.00** Y Byd ar Bedwar **8.25** Garddio a Mwy **8.55** Newyddion **9.00** Ffermio **9.30** Llofruddiaeth Logan Mwangi **10.30-11.35pm** Taith Yr Haf

TV&Satellite week
New issue on sale tomorrow

BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The team head to Silverstone.
7.55 **The Catch Up**
8.00 NEW **Queen of Trucks** A look behind the scenes of a family-run trucking school in the West Midlands. *See feature, page 20.*
8.30 **We Are England** Kema Kay takes a journey through his hometown of Newcastle-upon-Tyne.
9.00 **Cuckoo** 3/7. Steve is accused of malpractice. **9.30** 4/7. Dr Rafferty's plea goes awry. (S2)
10.00 FILM **Kick-Ass 2** Comic-book action thriller sequel with Aaron Johnson. (2013, 15, 103min) ★★★
11.35 **Eddie Hall: The Beast v the Mountain** Eddie's preparations for a bout with Hafthor 'Thor' Bjornsson.
12.35 AM **Hungry for It**
1.35 **Glow Up: Britain's Next Make-Up Star**
2.35 **Cuckoo**
3.30 **to 3.55** AM **My Mate's a Bad Date**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Cricket: Today at the Test** England v India: Action from day four of the rescheduled fifth and final Test in the series.
8.00 **Building Britain's Biggest Nuclear Power Station** 2/2. The team create an extensive flood defence system to protect the site from a nuclear disaster.
9.00 **Inside Porton Down: Britain's Secret Weapons Research Facility** Dr Michael Mosley investigates Britain's most secretive military research base.
10.00 **How to Build a Nuclear Submarine** 1/3. The construction of *HMS Astute*.
11.00 **Chemistry: A Volatile History** Jim Al-Khalili follows in the footsteps of the pioneers who discovered and mapped the elements and created the science of chemistry.
12.00 M'T **The Wonder of Animals** The elephant.
12.30 **to 3.25** AM **The Terror**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **Kirstie's House of Craft** Napkin rings.
9.15 **A Place in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **The Block: Big Renovation Challenge** New edition The teams commence their final rooms in the challenge apartment.
5.55 **Heir Hunters** The team investigate a case that brings up tales of families torn apart by war.
6.55 **Escape to the Chateau: DIY** Erin and JB host a themed party for friends visiting from the UK.
7.55 **Devon and Cornwall** Trawlerman Dave Driver sets out from Brixham in search of cuttlefish.
9.00 **River Cottage Reunited** New edition Hugh Fearnley-Whittingstall takes a dip with a bunch of wild swimmers and learns about ways to keep rivers clean.
10.00 **Moors Murders: The Lost Letters** 2/3. Police discover a tape recording of a 10-year-old girl being tortured.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **River Cottage Reunited**
2.20 **Moors Murders: The Lost Letters** As shown at 10pm.
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Black-ish**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Married at First Sight Australia**
11.00 **The Goldbergs**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Young Sheldon**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** The investigation into Ali's misconduct begins.
7.30 **The Neighborhood** New episode 16/22. Calvin discovers Lorenzo is harbouring a secret. (S4)
8.00 **Below Deck** New edition Tyler asks Rhylee out on a date, while the crew welcomes the final charter, who prove to be tough clients. Ashton and Laura's relationship grows stronger.
9.00 **Gogglebox** Opinions on *Line of Duty* and *Ant & Dec's Saturday Night Takeaway*.
10.00 **Naked Attraction** A transgender woman and a rugby player take part.
11.05 **First Dates**
12.10 AM **Gogglebox**
1.15 **Below Deck**
2.15 NEW **Watch What Happens Live: Below Deck Reunion**
3.05 **Naked Attraction**
4.00 **The Big Bang Theory**
4.50 **to 6.00** AM **Melissa & Joey**

+1 hour 235 | 146 | 30 | 123

MONDAY Entertainment

Monday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Road Wars**
10.00 **UK Border Force**
11.00 **Law & Order** 24/24. (S14)
12.00 NOON **Private Eyes** 1/8. (S5)
1.00 PM **Blue Bloods** 14/22. Frank has a disagreement with a detective. (S5)
2.00 **The Equalizer** 6/18. McCall is hired to find a sniper. (S2)
3.00 **Stop, Search, Seize**
4.00 **UK Border Force**
5.00 **Nothing to Declare**

9.00 Blue Bloods

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Meet the New Boss:* 2/22. Gormley tracks down an ex-cop who threatens Frank's safety. (S9)

9 PM

9.00 **Blue Bloods** New episode *Protective Instincts:* 3/20. Frank's old friend Lenny Ross presents him with an exciting offer. (S12)

10 PM

10.00 **Law & Order: Special Victims Unit** New episode *Nightmares In Drill City:* 8/22. Carisi asks the SVU for help. (S23)
11.00 **FBI** 14/19. (S2)
12.00 M'T **FBI: Most Wanted** (S2)
1.00 AM **The Good Doctor** (S5)
2.00 **Law & Order: Organized Crime** 7/22. (S2)
3.00 **The Equalizer** 6/18. (S2)
4.00 **Road Wars**
5.00 **to 6.00** AM **Brit Cops**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
10.00 **The Sopranos** (S3)
12.15 PM **Game of Thrones** (S6)
1.20 **Boardwalk Empire** (S3)
3.30 **The Sopranos** 5/13. Bobby 'Bacala' Baccalieri Sr comes out of retirement. **4.35** 6/13. Meadow's social life at college takes a sudden turn for the worse. (S3)
5.40 **The Wire** 4/10. Marlo tries to win favour with Vondas. **6.45** 5/10. McNulty leaks further details about the serial killer to the press. (S5)

7.55 Game of Thrones

7.55 **Game of Thrones** *Blood of My Blood:* 6/10. An old foe returns to the great game, and Arya faces a difficult choice. Meanwhile, Jaime faces off with the High Sparrow. (S6)

9.00 **Westworld** New episode *Well Enough Alone:* 2/8. Sci-fi drama starring Thandiwe Newton. *See feature, page12.* (S4)

10.05 **We Own This City** *Part Four:* 4/6. Baltimore is rocked by the Freddie Gray protests. (S1)
11.15 **True Detective** 1/8. First episode of the crime drama. **12.20** AM 2/8. A lead takes Hart and Cohle to a trailer-park brothel. (S1)
1.25 **Babylon Berlin** 5&6/12. (S3)
3.30 **In Treatment** (S1)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Stargate SG-1** (S1)
8.00 **The Flash** 4/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **Supergirl** 10/23. (S3)
11.00 **NCIS: New Orleans** (S1)
1.00 PM **Hawaii Five-0** (S5)
2.00 **MacGyver** 16/21. (S1)
3.00 **DC's Legends of Tomorrow**
4.00 **The Flash** 5/23. (S3)
5.00 **Supergirl** 10/23. (S3)
6.00 **Stargate SG-1** 6/22. O'Neill and the team are assigned to investigate the disappearance of SG-9. (S1)

9.00 The Midwich Cuckoos

7.00 **Stargate SG-1** *Cold Lazarus:* 7/22. O'Neill is replaced by an alien double while on a mission. (S1)

8.00 **Resident Alien** *Birds of a Feather:* 4/10. Harry travels to the Ute reservation to help Asta's grandmother. (S1)

9.00 **The Midwich Cuckoos** *Why Are You Lying?* 5/7. As the children's grip on Midwich tightens, Zoe and Sam face a discovery. (S1)

10.00 **A League of Their Own Road Trip: Dingle to Dover** Andrew Flintoff and Jamie Redknapp perform in a West End show.
11.00 **The Lazarus Project** 3/8. Following a personal loss, George decides to stop mourning and take action. (S1)
12.00 M'T **Flintoff: Lord of the Fries**
1.00 AM **The Force: Manchester**
2.00 **Hawaii Five-0** (S5)
4.00 **MacGyver** 16/21. (S1)
5.00 **to 6.00** AM **Highway Cops**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **World's Funniest Videos**
6.30 **Love Bites**
7.30 **Dress to Impress**
8.25 **You've Been Framed!**
9.20 **Hart of Dixie** 16/22. (S3)
10.15 **One Tree Hill** 15/22. (S3)
11.10 **The O.C** 9/25. (S3)
12.05 PM **Supermarket Sweep**
1.05 **Alan Carr's Epic Gameshow**
2.05 **Family Fortunes**
3.05 **Hart of Dixie** 17/22. (S3)
4.00 **One Tree Hill** 16/22. (S3)
5.00 **The O.C** 10/25. (S3)
6.00 **Celebrity Catchphrase**

9.00 Love Island

7.00 **Bob's Burgers** 1/22. Tina is convinced she has met the love of her life. **7.30** 2/22. Tina, Gene and Louise hatch a plan. (S9)

8.00 **Superstore** 11/22. Amy butts heads with Cheyenne's mother. **8.30** 12/22. Dina takes advantage of Glenn. (S3)

9.00 **Love Island** New edition The latest events from the villa as the singles get on with their daily routine of dating and flirting.

10.05 **Don't Hate the Playaz** Contestants include Romeo, MC Harvey, Suzi Ruffell and Aitch.
10.50 **Family Guy** 20/20. (S18)
11.20 **Family Guy** 14/20. Peter accidentally becomes the face of social justice. (S18)
11.50 **American Dad!** (S8)
12.50 AM **Superstore** (S3)
1.45 **The Stand Up Sketch Show** With Luke Kempner.
2.10 **to 3.00** AM **All American**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Classic Coronation Street**
6.35 **Classic Emmerdale**
7.30 **George and Mildred**
9.15 **A Touch of Frost**
11.35 **The Royal**
12.40 PM **Heartbeat**
1.45 **Classic Emmerdale**
2.50 **Classic Coronation Street**
3.50 **Agatha Christie's Poirot**
5.00 **Downton Abbey** *Christmas at Downton Abbey:* The residents celebrate Christmas 1919 with a lavish party. Guest stars Nigel Havers.

10.00 Blue Murder

7.00 **Heartbeat** *With This Ring:* Blaketon has the misfortune of getting mixed up in Greengrass's money-making scheme.

8.00 **Vera** *Dark Angel:* The detective investigates Newcastle's drug underworld to discover the identity of a man found dead in the river, which leads her back to a remote farm where a murder took place 13 years previously.

10.00 **Blue Murder** *Lonely:* 4/4. A childminder is murdered and the only witness is an autistic youngster. (S2)
11.40 **A Touch of Frost** *Paying the Price:* Jack becomes involved in the search for a kidnapper after a young woman suddenly disappears.
1.45 AM **George and Mildred** The future is on Mildred's mind.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Secret Body** Weight-loss show.
3.00 **Sign Zone: The Mart**
3.30 **Sign Zone: Beechgrove**
4.00 **This Is BBC Scotland**
7.00 **Beechgrove** The team tackle viewers' questions.
7.30 **Scottish Vets Down Under** Chris Ellison operates on a pregnant carpet python.
8.00 **This Farming Life** Hill farmer Joyce Campbell prepares for spring.
9.00 **The Nine**
10.00 **Style Fixers** New edition James and Kat get a style transformation.
10.30 **Scot Squad** 1/5. The Chief suffers a slip of the tongue. (S6)
11.00 **Limmy's Homemade Show** Limmy has a lifesaving idea.
11.30 PM **to 12.00** M'T **May Contain Nuts**

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **The Fresh Prince of Bel Air** 7&8/24. (S6)
9.00 **A.P. Bio** 9&10/13. (S1)
10.00 **Modern Family** (S3)
11.00 **Girls** 6-8/10. (S2)
12.45 PM **Curb Your Enthusiasm** (S2)
2.30 **The Office (US)** (S4)
3.00 **Will & Grace** (S2)
4.00 **Modern Family** (S3)
5.00 **The Office (US)** (S4)
5.30 **Fresh Prince of Bel Air**
6.30 **Sunnyside** 6/11. (S1)
7.00 **A.P. Bio** 11&12/13. (S1)
8.00 **Miracle Workers: Dark Ages** 2&3/10. (S2)
9.00 **Vice Principals** 5/9. Russell encounters difficulties with a neighbourhood bully. **9.35** 6/9. Gamby attempts to impress his daughter. (S1)
10.15 **Enlightened** 1&2/10. Double bill. (S1)
11.25 **Sex and the City** (S4)
12.40 AM **Entourage** (S1)
2.15 **Curb Your Enthusiasm**
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Darbar Festival**
7.00 **A Shanghai Symphony**
8.00 **Reinventing the...**
9.00 **Tales of the Unexpected**
10.00 **Discovering**
11.00 **Music Icons**
11.30 **Video Killed the Radio Star** Elvis Costello.
12.00 NOON **The South Bank Show Originals**
1.00 PM **Tales of the...**
2.00 **The Seventies**
3.00 **The Directors**
4.00 **Tales of the Unexpected**
5.00 **Discovering**
6.00 **Portrait Artist 2020**
7.00 **André Rieu: Welcome to My World** Double bill.
9.00 **Reinventing the Orchestra with Charles Hazlewood** New edition
10.00 **Sky Arts Big Hay Weekend** Highlights.
11.30 **Classic Albums**
12.30 AM **Discovering Film**
2.00 **Passion for Perfection**
3.00 **The Art Mysteries**
4.00 **Master of Photography**
5.00 **to 6.00** AM **Auction**

Pick

159 156 | 36 | 144

7.00 AM **Nothing to Declare**
7.30 **Border Security USA**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S6)
5.00 **Star Trek: The Next Generation** (S6)
6.00 **Stargate Atlantis** (S4)
7.00 **Hawaii Five-0** (S5)
8.00 **Snapped**
9.00 **Killer in My Village**
10.00 **Grimm** 18/23. (S5)
11.00 **World's Most Evil Killers** Robert Rhoades.
12.00 M'T **Britain's Most Evil Killers** Angus Sinclair.
1.00 AM **Hawaii Five-0** (S5)
2.00 **The Force: North East**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Impractical Jokers**
10.00 **Bob's Burgers** (S11)
11.00 **Friends** (S7&9)
8.00 PM **Friends** 15/24. Ross and Phoebe are both mugged. **8.30** 16/24. Monica asks Joey for money. (S9)
9.00 **Live at the Apollo** Joan Rivers hosts the stand-up show from the Hammersmith Apollo, with guest Patrick Kielty.
10.00 **Kevin Bridges: A Whole Different Story** A 2015 performance.
11.00 **Al Murray Live: Barrel of Fun** From the Hammersmith Apollo.
12.00 M'T **Tom Allen at the Comedy Store**
12.30 AM **Suzi Ruffell at the Comedy Store**
1.00 **The Ricky Gervais Show**
2.00 **Ugly Americans**
3.00 **Kevin Bridges Live in Glasgow**
3.50 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 179 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.30 PM **The Real Housewives of Dallas**
1.25 **Sam and Billie: The Mummy Diaries**
2.25 **The Only Way Is Essex**
3.10 **Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Beverly Hills** New edition Erika talks about her difficult marriage and divorce.
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched by Nature**
10.00 **The Real Housewives of Atlanta** Cynthia and Mike's big day arrives.
10.55 **Chrisley Knows Best**
11.55 **The Only Way Is Essex**
12.40 **to 1.00** AM **Unwind**

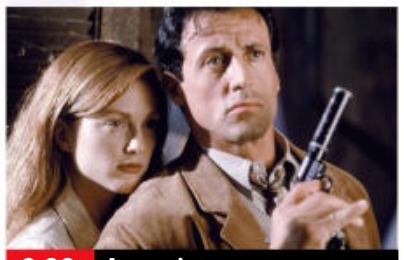
+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Tenable**
7.40 **Dempsey and Makepeace**
8.40 **The Professionals**
9.45 **Minder**
10.50 **Robin of Sherwood**
12.00 NOON **Tour de France Highlights** Stage three.
1.00 PM **River Monsters**
1.30 **Made in Britain**
2.30 **Dempsey and Makepeace**
3.40 **The Professionals**
4.50 **Minder**
5.55 **Made in Britain** The Bombay Sapphire distillery.


9.00 Assassins

7.00 **Goodwood Festival of Speed Highlights** The best action and behind-the-scenes stories from the Goodwood Estate, where the greatest cars and drivers came together to celebrate the past, present and future of motorsport.

9.00 FILM **Assassins** Action thriller starring Sylvester Stallone and Antonio Banderas. A world-weary assassin comes up against a young rival who is eager to steal his crown. With Julianne Moore. (1995, 15, 133min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

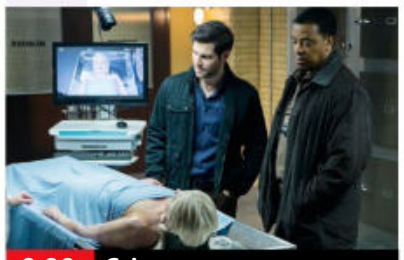
11.45 FILM **Ronin** Thriller starring Robert De Niro and Jean Reno. A team of mercenaries are hired to steal a briefcase from a gang of criminals. (1998, 15, 121min) ★★★
2.10 AM **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Most Haunted US**
7.00 **Star Trek: Deep Space Nine**
8.00 **Teleshopping**
11.00 **Star Trek: Voyager** (S5)
12.00 NOON **The Outpost** (S4)
1.00 PM **The Librarians** 6/10. (S2)
2.00 **Blood & Treasure** 1/13. (S1)
3.00 **Warehouse 13** 6/20. (S4)
4.00 **The Outpost** 7/13. (S4)
5.00 **Stargate SG-1** 20/22. (S6)
6.00 **Warehouse 13** 6/20. Pete and Myka are sent to discover the cause of a woman's descent into madness. (S4)


9.00 Grimm

7.00 **Quantum Leap** *Blood Moon:* 15/22. Sam swaps places with a vampire to stop the sacrifice of the bloodsucker's wife. (S5)

8.00 **Star Trek: Deep Space Nine** *Prophet Motive:* 16/26. The Grand Nagus Zek claims he has had a spiritual encounter. (S3)

9.00 **Grimm** *Skin Deep:* 15/23. Nick and Hank encounter a once-beautiful woman who seems to have aged 70 years overnight. (S5)

10.00 FILM **Ape vs Monster** Adventure starring Quinn Baker and Rudy Bentz. (2021, 12, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

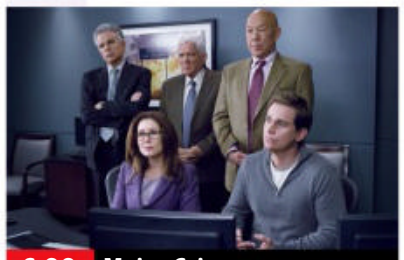
12.00 M'T **Killjoys** 3/10. The trio start to wonder if there is a traitor among them. (S5)
1.00 AM **Stargate SG-1** (S6)
2.00 **The Outpost** 7/13. (S4)
3.00 **Star Trek: Deep Space Nine**
4.00 **Star Trek: Voyager** (S5)
5.00 **to 6.00** AM **Blood & Treasure**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries** (S9)
9.00 **The Doctor Blake Mysteries**
10.00 **The Coroner** 6/10. (S2)
11.00 **Rizzoli & Isles** 6/15. (S2)
12.00 NOON **Death in Paradise** (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S8)
4.00 **The Doctor Blake Mysteries**
5.00 **The Coroner** 6/10. A death in custody brings Jane into contact with a child killer. (S2)
6.00 **Major Crimes** 2/10. The unit work to solve a complicated homicide case. (S1)


6.00 Major Crimes

7.00 **Rizzoli & Isles** *Rebel Without a Pause:* 6/15. A Revolutionary War re-enactment becomes a murder scene. (S2)

8.00 **Death in Paradise** *An Unhelpful Aid:* 6/8. A local diver is found dead in shallow waters. Guest stars Lisa Faulkner. (S1)

9.00 **Miss Fisher's Murder Mysteries** *Death Do Us Part:* 8/8. Phryne and Jack race to save Baron Fisher. (S3)

10.00 **Murdoch Mysteries** *Kill Thy Neighbour:* 13/18. Suspicions fall on Murdoch when his unpleasant neighbour is killed. (S13)
11.00 **Frankie Drake Mysteries** 6/11. Frankie is kidnapped by gangster Joe Perry. (S1)
12.00 M'T **The Doctor Blake Mysteries** 2/10. (S5)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.00 AM **Highlights**
9.40 **Only Fools and Horses**
10.20 **Last of the Summer Wine**
11.35 **Desmond's**
12.10 PM **My Hero**
12.50 **The Green Green Grass**
1.30 **The Good Life**
2.10 **Dad's Army**
2.50 **Last of the Summer Wine**
4.05 **Desmond's**
4.40 **Only Fools and Horses**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

8.00 The Good Life

7.20 **Dad's Army** The platoon compete against a rival unit for the honour of guarding Winston Churchill.

8.00 **The Good Life** First episode of the sitcom . Tom is tired of commuting. **8.35** Tom and Barbara decide to introduce livestock into the suburbs.

9.15 **Men Behaving Badly** The housemates endure a sleepless night. **9.55** Deborah announces she is planning to sell her house and go travelling.

10.35 **Not Going Out** Lucy announces she is pregnant, causing Lee to wonder if he is the father.

11.15 **Peep Show** Mark and Jeremy dread the birth of Sophie's baby. **11.50** Sophie reveals which of the friends is her baby's father.
12.25 AM **Two Doors Down**
1.05 **The Good Life**
2.25 **Men Behaving Badly**
3.25 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Modern Wheels or Classic Steals** Double bill.
8.00 **Border Force: America's...**
9.00 **Storage Hunters UK**
10.00 **Sin City Motors**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Top Gear**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Top Gear**
3.00 **Rick Stein's Long Weekends**
4.00 **Top Gear**
5.00 **Rick Stein's Long Weekends**
6.00 **Taskmaster**

10.00 Big Zuu's Big Eats

7.00 **Richard Osman's House of Games** With Ellie Taylor and Fern Britton.
7.40 **Room 101** Frank Skinner, is joined by guests Larry Lamb, David O'Doherty and Lauren Laverne. **8.20** Alice Cooper, Chris Tarrant and Chris Packham reveal their pet hates.

9.00 **QI XL** Ade Adepitan, Nish Kumar and Holly Walsh join regular panellist Alan Davies and host Sandi Toksvig.

10.00 NEW SERIES **Big Zuu's Big Eats** Big Zuu cooks for Johnny Vegas.
10.40 **Mock the Week** With Tom Allen and Olga Koch.
11.20 **Mock the Week** With Tom Allen, Ed Gamble, Kerry Godliman and Sindhu Vee.
12.00 M'T **QI XL** With Joe Lycett.
1.00 AM **Question Team** With Alex Brooker and David O'Doherty.
2.00 **Room 101** Double bill.
3.10 **to 4.00** AM **Taskmaster**

+1 hour 211 131 74

Monday

7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Charlie's Angels**
7.00 **Crazy Like a Fox** (S2)
8.00 **Highway to Heaven**
10.00 **GREAT! Movie News**
10.10 FILM **Love on Ice** Romantic drama. (2017, PG, 84min) ★★
1.00 PM **Body of Proof** (S1)
2.00 **Sue Thomas: F.B.Eye**
4.00 **Murder, She Wrote**
6.00 **Hart to Hart** (S1)
7.00 **M*A*S*H** 15/22. Hawkeye uncovers Major Weems' racism. **7.30** 16/22. Potter enlists a psychiatrist. **8.00** 17/22. Hawkeye decides to make a will. **8.30** 18/22. Hawkeye is a target of bribery. (S10)
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **M*A*S*H** (S10)
3.00 **Hart to Hart** (S1)
3.45 **Crazy Like a Fox** (S2)
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me** From Belfast.
11.30 **A Place in the Sun**
1.30 PM **Find It, Fix It, Flog It** From Suffolk.
2.30 **Come Dine with Me**
5.00 **Find It, Fix It, Flog It**
6.00 **A Place in the Sun**
7.00 **A Place in the Sun: Home or Away**
8.00 **George Clarke's Flipping Fast**
9.00 **Grand Designs** Transforming an abandoned cave.
10.00 **Celebrity Gogglebox**
11.05 **Gogglebox: Celebrity Special for SU2C**
12.10 AM **24 Hours in Police Custody: The Murder of Rikki Neave**
1.15 **Lost Treasures of Rome**
2.20 **Food Unwrapped's Italian Adventures**
3.25 **Bake Off: The Professionals**
4.20 **to 4.50** AM **Cook Clever, Waste Less with Prue & Rupy**

+1 hour 229

5USA

141 141 153 21 129

9.00 AM **NCIS** 18/20. (S17)
9.55 **Entertainment News**
10.00 **NCIS** 19&20/20. (S17)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Unseen Improvements:* 14/16. The team investigate a biker killed in a hit-and-run incident. **7.00** *Blown Away:* 15/16. Members of an NCIS team are killed in an explosion. **8.00** *Rule 91:* 16/16. Bishop is implicated in an old NSA leak. (S18)
9.00 **The Blacklist** *The Good Samaritan (No.106):* 11/22. Red goes off grid on a mission to seek out the FBI's mole. (S1)
10.00 **Law & Order: Special Victims Unit** (S4&22)
1.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Shoplifters & Scammers: At War with the Law**
8.50 **Judge Judy**
12.00 NOON **Filthy House SOS**
1.00 PM **Nightmare Tenants, Slum Landlords**
2.00 **Police Interceptors**
5.00 **Shoplifters & Scammers: At War with the Law**
6.00 **Home and Away**
7.00 **10 Years Younger in 10 Days** With Cherry Healey.
8.00 **Filthy House SOS**
9.00 **Amazing Cleans** New edition
10.00 **Wanted** New episode 2/6. Karen orders a hit on Lola's father. (S2)
11.05 **Killer at the Crime Scene** Documentary.
12.05 AM **Cold Case Killers**
1.05 **Countdown to Murder**
2.05 **Badass Brides**
3.05 **Judge Judy**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **MasterChef Australia** Double bill.
8.00 **Tipping Point**
10.00 **Tipping Point: Lucky Stars** With Tito Jackson.
11.00 **The Undateables**
12.00 NOON **Inside the Ambulance: Coast and Country** Double bill.
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 NEW SERIES **Masterchef Junior USA**
8.00 **Rochelle Humes: Interior Designer in the Making** New edition
9.00 **Fashion's Dirty Secrets**
10.20 **One Born Every Minute**
11.20 **The Undateables**
12.15 AM **Brainwashing Stacey: Living with Big Game Hunters**
1.10 **Rio Ferdinand: Being Mum and Dad**
2.10 **to 3.00** AM **Tipping Point**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **To the Manor Born**
7.45 **Bergerac**
8.40 **The Bill**
9.40 **Holby City**
11.00 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Bergerac**
3.20 **A Place to Call Home**
4.20 **All Creatures Great and Small**
5.20 **Birds of a Feather**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Inspector Alleyn Mysteries** *Scales of Justice:* A World War One veteran is murdered.
10.05 **New Tricks** *Magic Majestic:* Brian becomes locked in a battle of wits.
11.20 **Silent Witness**
1.25 AM **The Heart Guy**
2.25 **A Place to Call Home**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 226 60

RealityXtra

147 197 68 134

9.00 AM **Perry Mason**
11.00 **Matlock** 11/22. (S6)
12.00 NOON **CSI: NY** (S1)
1.00 PM **JAG** 19&20/24. (S6)
3.00 **Perry Mason**
5.00 **Unsolved Mysteries**
6.55 **Judge Judy** Real-life small-claims cases.
9.00 **CSI: NY** *'Til Death Do We Part:* 15/23. The death of a seemingly happy and healthy bride moments before her wedding presents Mac and Danny with a complex puzzle. (S1)
10.00 **Unsolved Mysteries** The dangers of sleepwalking, and a couple who believe their attic is haunted. **11.00** A look at how a murderous police chief was brought to justice.
11.55 **Judge Judy**
2.00 AM **CSI: NY** As 9pm.
3.00 **Evidence of Evil**
4.00 **Written In Blood**
5.00 **to 6.00** AM **Matlock**

Legend

148 192 41 137

8.00 AM **UFO** 20/26. (S1)
9.00 **Space 1999** 1/24. (S2)
10.00 **Farscape** 2/22. (S4)
11.00 FILM **Independence Daysaster** Sci-fi thriller. (2013, PG, 90min) ★
12.50 PM **Legend Lowdown**
1.00 FILM **Virtual Nightmare** Thriller. (2000, 12) ★★
2.50 **Legend Lowdown**
3.00 **Mutant X** 2/22. (S2)
4.00 FILM **Dragon Wars** Fantasy. (2007, 12) ★★
5.50 **Legend Lowdown**
6.00 **Farscape** 3/22. (S4)
7.00 **Space 1999** 2/24. (S2)
8.00 **Star Trek** 21/26. (S2)
9.00 FILM **Kill Command** Sci-fi thriller. (2016, 15, 98min) ★★★
11.00 FILM **Wind Chill** Chiller. (2007, 15, 87min) ★★★
12.50 AM FILM **Knuckleball** Thriller. (2018) ★★★★
2.35 FILM **King Arthur's Sword** Fantasy. (2017, PG, 85min) ★★★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge

160 160 48 146

7.00 AM **The Chase**
10.00 **Play Your Cards Right**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Family Fortunes**
3.00 **Play Your Cards Right**
4.00 **Bruce's Price Is Right**
5.00 **Bullseye** Double bill.
6.00 **Family Fortunes**
7.00 **Pointless Celebrities** Jimmy Osmond, Kym Mazelle, Jedward, Nancy Lam, Sam Simmons, Ossie Ardiles and Guillem Balagué take part in an international themed edition.
8.00 **The Chase** Quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?**
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!

151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Wags Atlanta**
12.00 NOON **Celebrity Game Face** With Kevin Hart.
1.00 PM **Keeping Up with the Kardashians**
7.00 **Botched** Helping a woman who regards herself as the unluckiest person in the world. **8.00** Terry operates on a transgender woman.
9.00 **Keeping Up with the Kardashians** The girls dress in skimpy clothes for a photo shoot.
10.00 **Celebrity Game Face**
11.00 **Wags Atlanta**
12.00 M'T **Rich Kids of Beverly Hills**
1.00 AM **Revenge Body with Khloe Kardashian**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Married to Jonas**

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Lee Marvin**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Inside the Freemasons**
11.00 **Veleno: The Town of Lost Children**
12.00 NOON **Our Towns**
2.00 PM **Steve McQueen: The Lost Movie**
4.00 **Discovering: Lee Marvin**
5.00 **The Directors**
6.00 **100 Foot Wave**
7.00 **Inside the Freemasons**
8.00 **Veleno: The Town of Lost Children**
9.00 **Chernobyl: The Lost Tapes** Archive footage and witness accounts of the nuclear disaster.
11.00 **The Longest War** The human stories behind America's involvement in Afghanistan.
12.30 AM **Fake Famous**
2.10 **Ethel** Documentary.
4.10 **Discovering: Lee Marvin**
5.00 **to 6.00** AM **Veleno: The Town of Lost Children**

Sky Nature

124 124 822 280 279 354 369

6.00 AM **Great Lakes Wild**
7.00 **Monkey Life**
8.00 **Amazing Animal Friends**
9.00 **Wild Animal Babies**
10.00 **Animal Empires**
11.00 **Great Parks of Africa**
12.00 NOON **Guardians of...**
1.00 PM **Monkey Life**
2.00 **Amazing Animal Friends**
3.00 **Wild Animal Babies**
4.00 **Animal Empires**
5.00 **Great Parks of Africa**
6.00 **Guardians of the Wild**
7.00 **Monkey Life**
8.00 **David Attenborough's Wild City** Examining the wildlife of Singapore.
9.00 **Land of Gremlins**
10.00 **Great Parks of Africa**
11.00 **Guardians of the Wild**
12.00 M'T **Shark Squad**
1.00 AM **Gangs of Baboon Falls** Documentary.
2.00 **David Attenborough's...**
3.00 **Land of Gremlins**
4.00 **Amazing Animal Friends**
5.00 **to 6.00** AM **Wild Animal Babies**

HGTV

158 286 44 166

7.00 AM **Highlights**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Flip or Flop Atlanta** New edition
1.30 NEW SERIES **Flip or Flop Nashville**
2.00 **Fixer to Fabulous**
3.00 **Quick Little Builds**
4.00 **My Mortgage Free Home** A farmhouse.
5.00 **Homes Under the...**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Restoration Man**
9.00 **Tough Love with Hilary Farr** New edition
10.00 **Nate & Jeremiah Home Project** New edition
11.00 **Flip or Flop Atlanta** New edition
11.30 **Flip or Flop Nashville** New edition
12.00 M'T **Escape to the...**
1.00 AM **Homes Under the...**
2.00 **to 4.00** AM **Highlights**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Giada in Italy**
9.00 **Gok Wan's Easy Asian**
10.00 **Forever Summer**
11.00 **Ainsley's Food We Love**
12.00 NOON **Great British...**
1.00 PM **Jamie's 15 Minute Meals** Double bill.
2.00 **Seafood Lovers' Guide**
3.00 **Mums Know Best**
4.00 **Forever Summer**
5.00 **Barefoot Contessa**
6.00 **Seafood Lovers' Guide**
7.00 **Great British Bake Off**
8.00 **The Hairy Bikers Mediterranean Adventure** From Italy.
9.00 **Forever Summer**
10.00 **City Bakes**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Nigel Slater's Real Food Show**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Aussie Gold Hunters**
8.00 **Alaskan Bush People**
9.00 **Yukon Men**
10.00 **Alaska: Last Frontier**
11.00 **Homestead Rescue: Raney Ranch**
12.00 NOON **Extinct or Alive**
1.00 PM **My Cat from Hell**
2.00 **Cake Boss**
4.00 **Yukon Gold**
5.00 **Alaskan Bush People**
6.00 **Aussie Gold Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Meet the Sloths**
10.00 **Nature's Strangest Mysteries: Solved**
11.00 **Life Below Zero**
12.00 M'T **Yukon Men**
1.00 AM **Naked and Afraid XL**
2.00 **Kindig Customs**
3.00 **Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM **Entertainment News**
9.10 **Traffic Cops**
11.15 **Trucking Hell**
12.20 PM FILM **Showdown** Western. (1963, b/w, PG, 79min) ★★
1.55 FILM **Pork Chop Hill** War drama. (1959, b/w, PG, 94min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
7.00 **Trucking Heavy**
8.00 **Police Interceptors**
9.00 FILM **The Taking of Pelham 1 2 3** Action thriller remake. (2009, 15, 105min) ★★★
11.10 FILM PREMIERE **The Courier** Thriller. (2019, 18, 99min) ★★★
1.15 AM **Fights, Camera, Action!** Sporting clips.
2.15 **What Went Wrong: Countdown to Disaster**
3.15 **Airport 24/7: Thailand**
4.05 **Britain's Bloodiest Dynasty** Documentary.
4.55 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 137 136 348 363

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Police Ten 7**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Road Wars**
12.00 NOON **How I Caught...**
1.00 PM **Forensics: Catching the Killer**
2.00 **Britain's Most Evil Killers**
3.00 **World's Most Evil Killers**
4.00 **An Unexpected Killer**
5.00 **Killer in My Village**
6.00 **World's Most Evil Killers**
7.00 **How I Caught the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **The Real Manhunter** New edition
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil...**
1.00 AM **Twisted Killers**
2.00 **Killer in My Village**
3.00 **An Unexpected Killer**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A deeply religious woman is shot execution style in Michigan. **7.30** The murder of a woman is linked to a similar crime.
8.00 **Evidence of Evil** The case of Denise O'Neill.
9.00 **Injustice with Nancy Grace** Evidence of a quadruple homicide is found in the ashes of a mansion fire.
10.00 **Murder She Solved** The disappearance of Ottawa journalist Cara Louise Ellis.
11.00 **Snapped: Killer Couples**
12.00 M'T **Click for Murder**
1.00 AM **Injustice with Nancy Grace**
2.00 **Murder She Solved**
3.00 **Evidence of Evil**
3.50 **Unsolved Mysteries**
5.15 **to 6.00** AM **Judge Judy**

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Spain.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **Homes Under the Hammer** From Carlisle.
10.00 **Celebrity Antiques Road Trip** Double bill.
12.00 NOON **Money for Nothing** Wire mesh.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Ambulance**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition A jewellery collection and childhood toys.
10.00 **The Repair Shop**
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze

164 216 64 162

6.00 AM **Hardcore Pawn**
7.55 **Unidentified: Inside...**
8.55 **Ancient Aliens**
10.50 **Storage Wars Canada**
11.15 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
5.00 **Ancient Aliens: Secret Science**
6.00 **Unidentified: Inside America's UFO Investigation**
7.00 **Auction Kings**
8.00 **Roswell: The First Witness**
9.00 **History's Greatest Mysteries** The crimes of John Wilkes Booth.
11.00 **WW2 Treasure Hunters**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Wicked Tuna**
2.00 **Auction Kings**
3.00 **The Curse of Oak Island**
3.45 **Counting Cars**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM **Say Yes... UK**
8.00 **Say Yes... Lancashire**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **My Big Fat Fabulous Life**
12.00 NOON **Diners, Drive-Ins and Dives**
1.00 PM **Cake Boss**
2.00 **Sister Wives**
4.00 **Dr Pimple Popper**
5.00 **My Big Fat Fabulous Life**
6.00 **Love After Lock Up**
7.00 **Little People, Big World** New edition
8.00 **Welcome to Plathville** New edition Micah goes on a double date.
9.00 **Sister Wives**
10.00 **Dr Pimple Popper**
11.00 **Seeking Sister Wife**
12.00 M'T **Welcome to...**
1.00 AM **Sister Wives**
2.00 **Dr Pimple Popper**
3.00 **Seeking Sister Wife**
4.00 **Say Yes... UK**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **Entertainment News**
9.10 **GPs: Behind Closed Doors** Documentary.
10.10 **The Yorkshire Vet**
12.10 PM **Forged in Fire**
2.00 **GPs: Behind Closed Doors** Triple bill.
5.00 **The Yorkshire Vet**
7.00 **World's Most Scenic River Journeys** A trip down Ireland's River Suir.
8.00 **Cornwall: A Year by the Sea** Veryan and Richard make sure the Headland is as festive as possible.
9.00 **Elephant Hospital** Three female elephants are admitted with colic.
10.00 **Forged in Fire**
12.00 M'T **Ancient Mysteries**
1.00 AM **Hunt for the Lost Gold of Nibelung**
2.00 **Spring Gardening with Carol Klein**
3.00 **GPs: Behind Closed Doors** Documentary.
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.20 **Combat Dealers**
7.10 **Shed and Buried**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Wheeler Dealers**
1.00 PM **Antiques Road Trip**
2.00 **Shed and Buried**
3.00 **Yorkshire Auction House**
4.00 **Salvage Hunters**
5.00 **Scrap Kings**
6.00 **Wheeler Dealers**
7.00 **Find It, Fix It, Flog It**
8.00 **Salvage Hunters**
9.00 **Outback Opal Hunters** New edition
10.00 **Mystery at Blind Frog Ranch** New edition
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Border Control**
2.00 **American Chopper**
3.00 **Salvage... Classic Cars**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's...**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Atlanta**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Animal Cops Phoenix**
11.00 **Forensic Detectives**
1.00 PM **Killer in My Family**
2.00 **Disappeared**
3.00 **Murder, Mystery and My Family**
4.00 **Say Yes... Lancashire**
5.00 **Say Yes... Atlanta**
7.00 **Long Lost Family**
8.00 **Dr. Pimple Popper: Pop Ups** Behind the scenes.
9.00 **Half Body Teen: Body Bizarre**
10.00 **Minute by Minute: Emergency** New edition
11.00 **Chris Watts: A Faking It Special**
12.00 M'T **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Miami**
5.00 **to 6.00** AM **The Zoo**

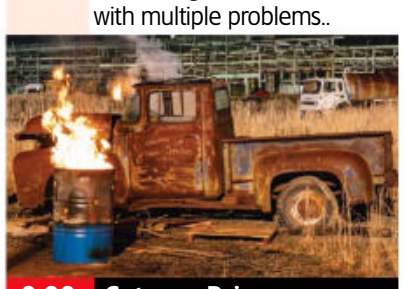
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
7.00 **Tanked**
8.00 **Building Off the Grid**
9.00 **Alaskan Bush People**
10.00 **Dive Wars Australia**
11.00 **Wheeler Dealers**
12.00 NOON **Outback Truckers**
1.00 PM **Gold Divers**
3.00 **Alaska: Homestead Rescue**
4.00 **Building Off the Grid**
5.00 **Wheeler Dealers**
6.00 **Kindig Customs** A 1967 Nova bought online arrives with multiple problems..


9.00 Getaway Driver

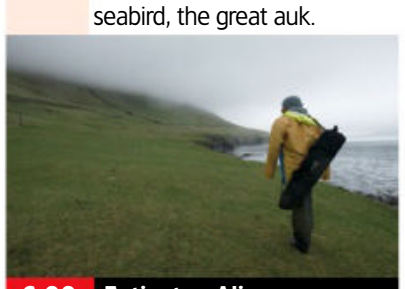
7.00 **Outback Truckers** Steve heads to the Top End where a monsoon has swept away roads and created an inland sea.
8.00 **Fast N' Loud** Brian Bass falls behind on his 1934 Ford Coupe job, but the vehicle is due to appear in *Hot Rod* magazine.
9.00 **Getaway Driver** New edition Heavy rain turns the compound into a wet-and-wild wasteland.
10.00 **Street Outlaws** New edition The 405 recommit to pushing each other to win, leading to a battle for top spot.
12.00 M'T **Expedition Bigfoot** Russell and Mireya hunt down leads, and their investigations uncover their first pieces of potential evidence.
1.00 AM **Getaway Driver** As 9pm.
2.00 **Street Outlaws** As 10pm.
4.00 **Getaway Driver** As 9pm.
5.00 **to 6.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **America's Cutest Pets**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Intruders**
3.00 **Legends of the Wild**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Extinct or Alive** Forrest Galante searches the Faroe Islands for a trace of extinct seabird, the great auk.


6.00 Extinct or Alive

7.00 **Amanda to the Rescue** Amanda Geise takes a special-needs bulldog puppy with swimmers' syndrome into her care.
8.00 **Expedition Bigfoot** Specialists set out to locate the fabled bigfoot, beginning their search in the forests of Oregon.
9.00 **Expedition Bigfoot** With a team member down, Russell and Mireya must forge ahead to hunt down leads for the search.
10.00 **The Last Alaskans** Winter has finally arrived, and Heimo seeks a way to cross a river that is newly frozen by the cold.
11.00 **Crikey! It's the Irwins** Robert attempts the biggest Gator move in Australia Zoo history.
12.00 M'T Moving day arrives for Nikki the giant anaconda.
1.00 AM **The Last Alaskans**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Air Crash Investigation**
10.00 **Car S.O.S** Double bill.
12.00 NOON **Lost Treasures of the Maya** Documentary.
1.00 PM **Lost Treasures of Egypt**
2.00 **Nazi Megastructures**
3.00 **Vikings: The Rise and Fall**
4.00 **Wicked Tuna** The Gloucester crews face their biggest challenge to date.
5.00 **Ice Road Rescue** Thord crawls under a bread truck.
6.00 A 50-ton truck and trailer carrying asphalt crashes above a steep bank.

10.00 Wicked Tuna

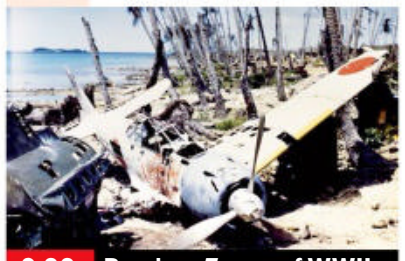
7.00 **Air Crash Investigation** Investigators look into a plane crash that may have been caused by abusive behaviour.
8.00 **Megastructures** An ambitious project to construct an ice breaker – one of the toughest ships ever made.
9.00 **Ice Road Rescue** Thord and Bjoern join forces to rescue a trailer, but things get heated when they disagree on the job.
10.00 **Wicked Tuna** *Time Flies* leads the blue fin fleet, while some of the veteran boats find themselves in a slump.
11.00 **Air Crash Investigation** A jet goes out of control.
12.00 M'T **Drugs Inc**
1.00 AM **Narco Wars**
2.00 **Trafficked with Mariana Van Zeller** Peruvian forgers.
3.00 **Banged Up Abroad**
4.00 **to 5.00** AM **Nazi Megastructures**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Mystery Weapons**
8.00 **Pawn Stars**
9.00 **American Pickers**
11.00 **The Liquidator**
12.00 NOON **Dog the Bounty Hunter: Most Wanted**
1.00 PM **The Curse of Oak Island**
2.00 **Phantom Signals**
3.00 **Counting Cars**
4.00 **Deep Water Salvage**
5.00 **The Nostradamus Effect**
6.00 **Pawn Stars** A pair of 1960s space robot toys arrive.
6.30 Two GI Joe playsets are deployed to the shop.


9.00 Bomber: Terror of WWII

7.00 **Forged in Fire** Four bladesmiths must navigate stormy seas by making Hada blades.
8.00 **The Plane That Led D-Day** The story of the C-47 aircraft that dropped Allied fighting men into Normandy.
9.00 **Bomber: Terror of WWII** New edition The remorseless development of weapons and bombers.
10.00 **History of the Tank** Examining the changing face of tank warfare over the past 100 years.
11.15 **Battle of Britain: The Race for the Radar** Documentary.
12.15 AM **History's Greatest Mysteries** Documentary.
1.15 **The Plane That Led D-Day**
2.15 **Nature Gone Wild**
2.45 **History of the Tank**
4.00 **Phantom Signals**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Antiques Roadshow**
8.00 **Secret Nazi Bases**
9.00 **World War Weird**
10.00 **Abandoned Engineering**
12.00 NOON **The Architecture the Railways Built**
1.00 PM **Great Continental Railway Journeys**
2.00 **Abandoned Engineering**
4.00 **Secret Nazi Bases**
5.00 **World War Weird**
6.00 **Great Continental Railway Journeys** Presenter Michael Portillo ventures onto the European rail network.

9.00 Scouting for Toys

7.00 **Abandoned Engineering** Projects include a maze of tunnels filled with haunting remains beneath the streets of Paris. **7 PM**
8.00 **Inside the Factory** Gregg Wallace visits a mattress factory, where he discovers how steel is coiled into springs. **8 PM**
9.00 **Scouting for Toys** Teddy bear expert Jo receives a collection of Charlie Bear teddies from a single seller. **9 PM**
10.00 **Bangers and Cash** Dave finds a very rare 1970s Sunbeam Lotus that has been rotting away in a farmyard for 29 years. **10 PM**
11.00 **Abandoned Engineering** A little-known dark past explains the vast monolithic structures that dominate the island of Guernsey.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 200 75

Disc. History

177 257

6.00 AM **Expedition Unknown**
7.00 **The Alaska Triangle**
8.00 **Unsolved History**
9.00 **Secret Space Escapes**
10.00 **Houdini's Last Secrets**
11.00 **The Alaska Triangle**
12.00 NOON **Combat Dealers**
1.00 PM **Expedition Unknown**
2.00 **Greatest Events of World War II**
3.00 **UFOs: Lost Evidence**
4.00 **Mysteries at the...**
5.00 **Unsolved History**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Hurricane Sandy: The Storm That Shook America**
11.00 **Ultimate Warfare**
12.00 M'T **Combat Dealers**
2.00 AM **Hurricane Sandy...**
3.00 **Ultimate Warfare**
4.00 **UFOs: Lost Evidence**
5.00 **to 6.00** AM **Mysteries at the Museum**

+1 hour 277 261

Eden

166 245 247

9.00 AM **The Zoo**
10.00 **Meet the Bears**
11.00 **Yellowstone**
12.00 NOON **Beasts in the City**
1.00 PM **The Life of Mammals** Documentary.
2.00 **Wild Arabia**
3.00 **China's Secret Monkey Kingdom**
4.00 **Japan with Sue Perkins** Documentary.
5.00 **Yellowstone**
6.00 **The Life of Mammals**
7.00 **The Zoo**
8.00 **Meet the Bears**
9.00 **Japan with Sue Perkins** Documentary.
10.00 **The Life of Mammals**
11.00 **Yellowstone**
12.00 M'T **Meet the Bears**
1.00 AM **Yellowstone**
2.00 **Japan with Sue Perkins** Documentary.
3.00 **Wild Arabia**
3.50 **Bahama Blue**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 839 264 265

8.00 AM **Animals Gone Wild**
9.00 **Africa's Deadliest**
12.00 NOON **Snakes in the...**
1.00 PM **Mexico Untamed**
4.00 **Monster Fish**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The team await the birth of a rare Indian rhino baby.
8.00 **Malika the Lion Queen** 1/2. Following the life story of a lioness.
9.00 **Snakes in the City** Simon and Siouxsie try to secure a black mamba escape artist.
10.00 **Magic of Disney's Animal Kingdom** Animal keepers help elephant Nadirah cross a bridge.
11.00 **Snakes in the City**
12.00 M'T **Animals Gone Wild**
1.00 AM **Monster Fish**
2.00 **Animals Gone Wild**
3.00 **to 5.00** AM **Africa's Deadliest**

Sky History 2

163 163 840 272

8.00 AM **WWI: The First...**
9.00 **Alien Files: Unsealed**
10.00 **World's Greatest Treasure Mysteries**
11.00 **Ancient Aliens**
12.00 NOON **Engineering an Empire** Documentary.
1.00 PM **Britain's Most Historic Towns**
2.00 **WWI: The First Modern War** Documentary.
3.00 **Ancient Aliens**
4.00 **Alien Files: Unsealed**
5.00 **Battle History of the US Air Force**
6.00 **Conspiracy**
7.00 **The Battle of Midway**
8.00 **Tuskegee Airmen: Legacy of Courage**
9.00 **Paranormal: Caught on Camera**
10.00 NEW SERIES **Historic Hauntings**
11.00 **Ancient Aliens**
1.00 AM **The Battle of...**
2.00 **Paranormal: Caught...**
3.00 **Historic Hauntings**
4.00 **Tuskegee Airmen...**
5.00 **to 6.00** AM **Conspiracy**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Plane Crash Recreated**
9.35 **Hitler's Circle of Evil**
10.45 **Shanghai 1937: Where World War II Began**
11.55 **Battle Honours**
1.00 PM **Beautiful Serengeti**
1.40 **Plane Crash Recreated**
2.55 **Hitler's Circle of Evil**
4.00 **Shanghai 1937: Where World War II Began**
5.15 **Battle Honours**
6.25 **Plane Crash Recreated**
7.35 **Hitler's Circle of Evil** The rise and fall of the Third Reich, as told by those on the inside.
8.40 **Shanghai 1937: Where World War II Began** The Battle of Shanghai.
9.50 **Battle Honours** The story of the longest-serving infantry division in the US Army.
10.55 **Plane Crash Recreated**
12.00 M'T **Hitler's Circle of Evil** As 7.35pm.
1.10 **to 2.00** AM **Beautiful Serengeti**

CI

166 166 839 209

6.00 AM **Homicide Hunter**
8.00 **The First 48**
10.00 **Killer in Plain Sight**
11.00 **Motive to Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Homicide Hunter**
2.00 **Homicide: Hours to Kill**
3.00 **Unusual Suspects**
4.00 **I Lived with a Killer**
5.00 **Robbie Coltrane's Critical Evidence**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **On the Case**
9.00 **999: Killer on the Line**
10.00 NEW SERIES **Killer USA**
11.00 **Homicide Hunter**
12.00 M'T **Meet, Marry, Murder**
1.00 AM **What the Killer Did Next** Documentary.
2.00 **Killer USA**
3.00 **Unusual Suspects**
4.00 **On the Case**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

MONDAY Films

Monday

Sky Cinema Premiere

301 301 848 401 501 515

6.00 AM **The Gateway** As 6.15pm.
7.45 **Sundown** As 4.35pm.
9.25 **King Richard** As 8.00pm.
12.10 PM **Resident Evil: Welcome to Raccoon City** As 2.00am.
2.05 **The Survivor** Fact-based drama starring Ben Foster. (2021, 15, 129min) ★★★★
4.35 **Sundown** Drama starring Tim Roth. (2021, 15) ★★★★
6.15 **The Gateway** Thriller with Shea Whigham and Bruce Dern. (2021, 15, 91min) ★★★

6.15 The Getaway

8 PM

8.00 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith, Jon Bernthal, Aunjanue Ellis, Saniyya Sidney and Demi Singleton. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.30 **Lansky** Crime drama starring Harvey Keitel and Sam Worthington. (2021, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

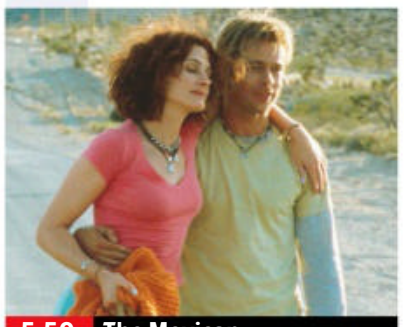
12.30 AM **Zola** Crime comedy drama starring Taylour Paige. (2020, 18, 86min) ★★★★
2.00 **Resident Evil: Welcome to Raccoon City** Sci-fi horror starring Kaya Scodelario. (2021, 15, 107min) ★★★
3.50 **to 6.05** AM **The Survivor**

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.20 AM **Antebellum** As 1.50am.
8.10 **Paddington** As 4.00pm.
9.55 **2 Guns** Action thriller. (2013, 15, 104min) ★★★
11.55 **The Fighter** Boxing drama. (2010, 15, 116min) ★★★★
2.00 PM **Godzilla vs Kong** Sci-fi starring Alexander Skarsgård. (2021, 12, 113min) ★★★
4.00 **Paddington** Family comedy. (2014, PG, 95min) ★★★★
5.50 **The Mexican** Action comedy. (2001, 15, 123min) ★★


5.50 The Mexican

8.00 **Hulk** Sci-fi fantasy based on the Marvel Comics character, starring Eric Bana, Jennifer Connelly and Nick Nolte. A scientist survives exposure to deadly gamma rays, but when he becomes angry he is transformed into a huge, rampaging creature. (2003, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

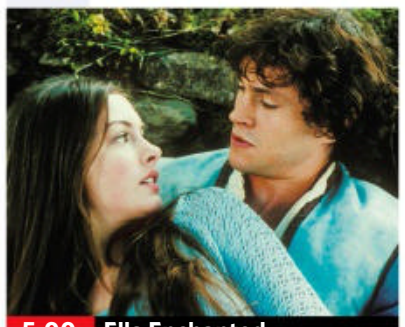
10.20 **Centurion** Gory historical thriller starring Michael Fassbender, Dominic West and Olga Kurylenko. (2009, 15, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Don't Breathe 2** Horror sequel starring Stephen Lang. (2021, 15, 98min) ★★★
1.50 **Antebellum** Horror mystery starring Janelle Monae. (2019, 15, 105min) ★★
3.45 **to 6.00** AM **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 130min) ★★★

Sky Cinema Family

306 306 850 406 506 520

6.30 AM **My Friend the Dolphin**
8.15 **Peter Pan** As 11.45pm.
10.15 **Ella Enchanted** As 5.00pm.
12.00 NOON **Tom & Jerry: The Movie** As shown at 6.45pm.
1.45 PM **Scooby-Doo** As 8.30pm.
3.15 **My Friend the Dolphin** Adventure. (2019, U) ★★
5.00 **Ella Enchanted** Comic fantasy. (2004, PG, 96min) ★★★
6.45 **Tom & Jerry: The Movie** Partly-animated comedy. (2021, PG, 101min) ★★


5.00 Ella Enchanted

8.30 **Scooby-Doo** Live-action comedy adventure with Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard, Linda Cardellini and Rowan Atkinson. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Casper** Fantasy comedy starring Christina Ricci and Bill Pullman. (1995, PG, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Peter Pan** Family adventure based on JM Barrie's classic play, starring Jeremy Sumpter, Rachel Hurd-Wood, Jason Isaacs and Richard Briers. (2003, PG, 113min) ★★★★
1.50 AM **Dino Dana: The Movie** Family adventure with Michela Luci, Saara Chaudry, Richie Lawrence and Evan Whitten. (2020, U, 85min) ★★
3.20 **My Friend the Dolphin**
5.10 **to 7.00** AM **Casper** As 10pm.

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **The Iron Mask** As 3.55am.
8.05 **The Last Man** (2019, 15) ★★
9.50 **The Cinema List: Bourne**
10.05 **American Fighter** As 2.10am.
11.50 **3 Days to Kill** Action thriller. (2014, 12, 117min) ★★★
1.50 PM **One Shot** Action thriller. (2021, 15, 96min) ★★
3.40 **The Equalizer 2** Thriller sequel. (2018, 15, 121min) ★★★
5.45 **The Cinema List: Bourne**
6.00 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★

6.00 The Bourne Identity

8.00 **The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon, Julia Stiles, Joan Allen and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Bourne Legacy** Spy thriller sequel starring Jeremy Renner and Rachel Weisz. (2012, 12, 129min) ★★★
2.10 AM **American Fighter** Thriller starring Tommy Flanagan and Sean Patrick Flanery. (2020, 15, 98min) ★★★
3.55 **to 6.00** AM **The Iron Mask** Action adventure starring Jason Flemyng, Arnold Schwarzenegger and Jackie Chan. (2019, 12, 120min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **Golden Arm** As 1.40am.
8.40 **Poms** (2019, 12) ★★★
10.25 **Jack and Jill** Sibling comedy. (2011, PG, 91min) ★
12.10 PM **Chef** Jon Favreau's comedy. (2014, 15, 114min) ★★★★
2.10 **House Arrest** Comedy. (1995, PG, 109min) ★★
4.10 **Dumb and Dumber To** Comedy sequel starring Jim Carrey. (2014, 15, 107min) ★★
6.10 **Swingers** Comedy drama. (1996, 15, 96min) ★★★★

6.10 Swingers

8.00 **Around the World in 80 Days** Comedy adventure starring Jackie Chan and Steve Coogan. In late-Victorian London, eccentric English inventor Phileas Fogg sets out on a voyage to circumnavigate the globe in 80 days. (2004, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Dinner for Schmucks** Comedy starring Steve Carell and Paul Rudd. A corporate climber brings a dumb acquaintance to amuse his boss at a dinner party for idiots. (2010, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Long Story Short** Comedy. (2021, 15, 90min) ★★★
1.40 AM **Golden Arm** Comedy. (2020, 15, 90min) ★★★
3.15 **The Unicorn** Comedy. (2018, 15, 88min) ★★★
4.50 **to 6.30** AM **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★

Sky Cinema Greats

304 304 849 404 504 518

6.40 AM **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
9.00 **A Few Good Men** Legal drama. (1992, 15, 132min) ★★★★
11.20 **The Last Samurai** Action drama. (2003, 15, 154min) ★★★★
1.55 PM **Philadelphia** Oscar-winning drama starring Tom Hanks. (1993, 12, 122min) ★★★
4.05 **Barbarella** Sci-fi fantasy. (1967, 15, 98min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Gnomeo & Juliet** (2011)
7.40 **Over the Hedge** As 3.30pm.
9.10 **The Reef 2: High Tide** As 5pm.
10.35 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★
12.15 PM **Fireheart** Animation. (2022, U, 92min) ★★★
1.55 **Minions** Animated comedy. (2015, U, 91min) ★★★★
3.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★

TCM Movies

315 415 416

6.00 AM **Hollywood's Best Directors**
6.35 **Off Set** With Jamie Cullum.
6.45 **Sugarfoot** 8/20. (S2)
7.50 **Maverick** 3/32. (S4)
8.55 **The Secret Ways** (1961, PG) ★★
11.15 **Sugarfoot** 9/20. (S2)
12.20 PM **Maverick** 4/32. (S4)
1.30 **Secret of Treasure Mountain** Western. (1956, b/w, U) ★★
3.00 **Beau Brummell** Costume drama. (1954, U, 111min) ★★★

Talking Pictures

328 445 82 306

6.00 AM **Hyde Park Corner** Comedy. (1935, b/w, PG, 85min) ★★
7.40 **She Knows Y'know** Comedy. (1962, b/w, PG, 75min) ★★
9.10 **Thunder in the City** Comedy. (1937, b/w, PG, 88min) ★★
10.50 **Blueprint For Robbery** Drama. (1960, b/w, PG, 87min) ★★
12.35 PM **The Hi-Jackers** Drama. (1963, b/w, U, 63min) ★★
2.00 **Rooms** (S2)

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

primetime

5.45 **Crouching Tiger, Hidden Dragon** Ang Lee's romantic period adventure. Subtitled. (2000, 12, 120min) ★★★★★
8.00 **Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. (1981, PG, 115min) ★★★★★
10.00 **American Beauty** Satirical comedy starring Kevin Spacey. (1999, 18, 122min) ★★★★★

12.10 AM **Taxi Driver** Martin Scorsese's disturbing drama. (1976, 18, 110min) ★★★★★
2.10 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
4.20 **to 6.00** AM **Hondo** Western. (1953, PG, 84min) ★★★

5.00 **The Reef 2: High Tide** Animated comedy adventure sequel. (2013, U, 80min) ★★
6.30 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
8.00 **The Wishmas Tree** Animated adventure with the voice of Ross Noble. (2020, U, 90min) ★★
9.40 **Gnomeo & Juliet** Animated comedy with the voice of James McAvoy. (2011, U, 83min) ★★★
11.10 **Barbie & Her Sisters In The Great Puppy Adventure** Animation. (2015, U, 72min) ★★

12.30 AM **Barbie: Video Game Hero** Animated family adventure. (2017, U, 69min) ★★
1.50 **The Wishmas Tree** As 8pm.
3.25 **Surf's Up** As shown at 6.30pm.
5.00 **to 6.00** AM **Alpha and Omega 2: A Howl-iday Adventure** Animation. (2013, U, 45min) ★★

5.20 **The Brass Legend** Western. (1956, b/w, PG, 79min) ★
7.00 **Code Name: Emerald** World War Two spy thriller starring Ed Harris. (1985, PG, 93min) ★★
9.00 **Lethal Weapon** Action comedy thriller starring Mel Gibson and Danny Glover. An undercover cop and his unwilling new partner take on a drugs gang. (1987, 18, 110min) ★★★★
11.15 **Westworld** Sci-fi thriller with Yul Brynner and James Brolin. (1973, 15, 89min) ★★★★

1.05 AM **The Exorcist: The Version You've Never Seen** Horror. (1973, 18, 155min) ★★★★★
3.30 **Close Up** Triple bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

3.00 **X the Unknown** Horror. (1956, b/w, PG, 80min) ★★
4.35 **Double Whoopee** Comedy. (1929, b/w, U, 19min) ★★★
5.00 **The Footage Detectives**
6.00 **Sherlock Holmes in Dressed to Kill** Mystery starring Basil Rathbone and Nigel Bruce. (1946, b/w, U, 70min) ★★★
7.20 **Scales of Justice**
8.00 **Gideon's Way**
9.00 **The Last Page** Thriller starring George Brent and Diana Dors. (1952, b/w, PG, 85min) ★★

10.50 **Man in the Middle** Legal drama starring Robert Mitchum. (1964, b/w, U, 94min) ★★
12.40 AM **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
2.55 **Woman Times Seven** Comedy. (1967, 12, 99min) ★★
5.00 **to 6.00** AM **The Saint**

5.00 PM **Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★
6.50 **This is HorrorXtra**
7.00 **Battlestar Galactica** *Saga of a Star World – Part Three:* 3/24. The surviving humans flee from the Cyclons. (S1)
8.00 **Mutant X** *Russian Roulette:* 3/22. A teenager betrays Brennan and Jesse. (S1)
9.00 **The Rezort** Horror thriller starring Dougray Scott, Jessica De Gouw and Martin McCann. (2015, 15, 93min) ★★

10.50 **Matriarch** Horror starring Charlie Blackwood and Julie Hannan. (2018, 15, 91min) ★★
12.40 AM **This is HorrorXtra**
12.50 **Battlestar Galactica**
1.55 **to 3.00** AM **Mutant X**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **The Quarry** As 4.05am.
8.30 **Silk Road** Crime thriller. (2021, 15, 112min) ★★★
10.30 **The Spy** As 2.05am.
12.25 PM **The Kid Detective** Comedy drama. (2020, 15) ★★★★
2.10 **Naked Singularity** Crime comedy starring John Boyega. (2021, 15, 93min) ★★★
3.50 **The Little Things** Drama. (2021, 15, 128min) ★★★★
6.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★

10.25 Revolver

8.00 **Clear and Present Danger** Action thriller starring Harrison Ford, Willem Dafoe and Anne Archer. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the US government. (1994, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

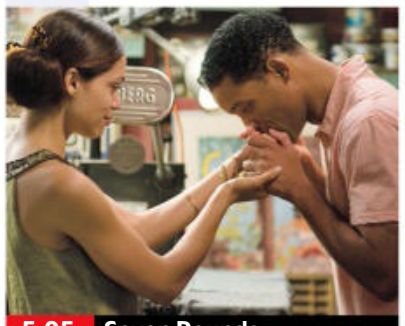
10.25 **Revolver** Guy Ritchie's crime thriller with Jason Statham. An ex-convict gambler learns the ultimate con trick and seeks revenge against his casino owning enemy. (2005, 15, 115min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Fanatic** Psychological thriller. (2019, 18, 88min) ★
2.05 **The Spy** Norwegian World War Two drama. Subtitled. (2019, 12, 105min) ★★★
4.05 **to 6.00** AM **The Quarry** Crime drama. (2020, 15) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Elizabethtown** (2005) ★★
8.05 **The Englishman Who Went Up a Hill, but Came Down a Mountain** (1995, PG) ★★★
9.50 **Mud** As shown at 1.20am.
12.05 PM **Last Night** (2010) ★★★
1.45 **The Roads Not Taken** Drama. (2020, 15, 85min) ★★★
3.15 **Shall We Dance?** As 3.35am.
5.05 **Seven Pounds** (2007) ★★★★
7.10 **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★


5.05 Seven Pounds

Eternal Sunshine of the Spotless Mind (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

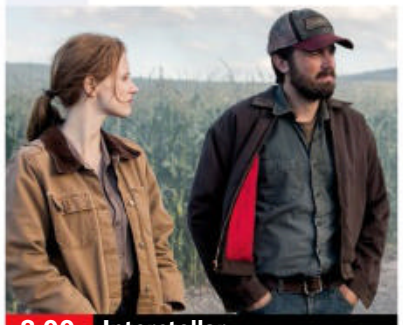
9.00 **Chocolat** Comedy fantasy starring Juliette Binoche, Judi Dench and Johnny Depp. An enigmatic single mother clashes with a pious nobleman after she opens a chocolate shop during Lent in a small French town. (2000, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The People vs Larry Flynt** Fact-based drama with Woody Harrelson and Courtney Love. (1996, 18, 130min) ★★★★
1.20 AM **Mud** Adventure starring Matthew McConaughey. (2012, 12, 130min) ★★★★
3.35 **Shall We Dance?** Romantic comedy drama with Richard Gere and Jennifer Lopez. (2004, 12, 106min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.00 AM **Chronical: 2067** Sci-fi drama. (2020, 15, 114min) ★★
8.00 **Becoming** As 4.15am.
9.40 **Synchronic** As 2.30am.
11.30 **Pan's Labyrinth** Fantasy. (2006, 15, 120min) ★★★★★
1.30 PM **Willy's Wonderland** Horror comedy. (2021, 15) ★★★★
3.15 **Cinema List: Alien Invasion**
3.30 **Dune** Epic sci-fi drama. (2021, 12, 155min) ★★★★★
6.10 **Antlers** Horror thriller. (2021, 15, 99min) ★★★


8.00 Interstellar

8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. A team of explorers search for a planet that can become humankind's new home. With Jessica Chastain and Casey Affleck. (2014, 12, 166min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Uncle Peckerhead** Comedy horror starring David Bluvband and David Littleton. (2020, 18, 97min) ★★
2.30 **Synchronic** Sci-fi thriller. (2020, 15, 102min) ★★★★
4.15 **to 6.00** AM **Becoming** Fantasy starring Toby Kebbell. (2019, 15, 98min) ★★

Sky Cinema Music

302 302 856 402 502 516

6.00 AM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
8.30 **Young at Heart** As 3.15am.
10.30 **Our Ladies** As 1.20am.
12.20 PM **Footloose** As 11.30pm.
2.10 **Annie** Musical remake. (2014, PG, 115min) ★★★
4.10 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
6.00 **Chicago** Musical with Renée Zellweger and Richard Gere. (2002, 12, 112min) ★★★★

10.00 Dirty Dancing 2

8.00 **Whiplash** Music drama starring Miles Teller and JK Simmons. A jazz drummer's dream of enrolling at a prestigious music academy turns into a nightmare thanks to his uncompromising tutor. With Paul Reiser. (2014, 15, 104min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Dirty Dancing 2: Havana Nights** Romantic drama sequel with Romola Garai. (2004, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Footloose** Dance drama starring Kevin Bacon, Lori Singer and John Lithgow. (1984, 12, 107min) ★★★
1.20 AM **Our Ladies** Comedy drama starring Abigail Lawrie, Rona Morison and Marli Siu. (2019, 15, 106min) ★★★★
3.15 **Young at Heart** Musical with Doris Day and Frank Sinatra. (1954, U, 117min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Night Passage** Western. (1957, U, 90min) ★★
12.50 PM **Appointment with Danger** Vintage thriller. (1949, b/w, PG, 89min) ★★
2.40 **The Riddle of the Sands** Espionage adventure. (1978, U, 102min) ★★★
4.45 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
6.45 **Made in America** Comedy. (1993, 12, 110min) ★★

4.45 Cat Ballou

Made in America (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Independence Day** Sci-fi adventure starring Will Smith, Bill Pullman and Jeff Goldblum. The US president, a computer genius and a fighter pilot lead the fight against an alien invasion. With Mary McDonnell. (1996, 12, 145min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.50 **Coming to America** Romantic comedy starring Eddie Murphy as an African prince looking for a bride in New York's Queens borough. With James Earl Jones. (1988, 15, 116min) ★★★ **11 PM**
2.10 **to 4.00** AM **Cold War** Drama with Joanna Kulig and Tomasz Kot. Partly subtitled. (2018, 15, 90min) ★★★★★

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **Lady Luck** Comedy. (1946, PG, 97min) ★★★
7.50 **They Live by Night** Melodrama. (1948, b/w, PG, 96min) ★★★
9.40 **Split Second** Suspense thriller. (1953, b/w, PG, 85min) ★★
11.20 **A Woman's Secret** Mystery. (1949, b/w, PG, 85min) ★
1.05 PM **They Won't Believe Me** Thriller starring Robert Young. (1947, b/w, PG, 95min) ★★★
3.00 **Reunion at Fairborough** Drama. (1985, PG, 110min) ★★
5.15 **Farewell, My Lovely** Classic thriller with Dick Powell. (1945, b/w, PG, 95min) ★★★★★
7.10 **Angel Face** Thriller with Jean Simmons and Robert Mitchum. (1952, b/w, PG, 91min) ★★★
9.00 **They Made Me a Fugitive** Crime thriller starring Trevor Howard and Sally Gray. (1947, b/w, PG, 104min) ★★
11.10 **The Scarlet and the Black** Thriller. (1983, PG, 137min) ★★★
1.15 AM **Shampoo** Satirical comedy. (1975, 18, 110min) ★★★★
3.25 **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★
4.35 **to 6.00** AM **Candlelight in Algeria** (1943, b/w, PG) ★★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Eve of Abduction** Thriller. (2018, 12, 90min) ★★
11.00 **Crimes of the Mind** Fact-based thriller. (2014, PG, 84min) ★★
1.00 PM **Watching Over You** Thriller. (2018, PG, 90min) ★★
2.40 **Dangerous Company** Thriller. (2015, PG, 87min) ★
4.30 **Hannah's Law** Western starring Sara Canning and Greyston Holt. (2012, PG, 88min) ★★
6.25 **Silverado** Director Lawrence Kasdan's Western starring Kevin Kline, Kevin Costner, Scott Glenn and Jeff Goldblum, about two brothers escorting a group of settlers to a frontier town. (1985, PG, 132min) ★★★
9.00 **The Day the Earth Stood Still** Sci-fi thriller remake starring Keanu Reeves and Jennifer Connelly. An astrobiologist befriends an alien being after a UFO lands in Central Park. (2008, 12, 103min) ★★
11.10 **Underworld: Blood Wars** Horror. (2016, 15, 91min) ★★
1.00 AM **Sirens** Comedy drama. (1994, 15, 95min) ★★★
3.20 **to 6.00** AM **What's Eating Gilbert Grape** (1993, 15) ★★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Wings at War 1: Fight for Britain** Documentary.
7.05 **Bullet to Beijing** Espionage thriller. (1995, 15, 101min) ★★
9.10 **40 Days and Nights** Disaster thriller. (2012, 15, 86min) ★
11.00 **Starsky & Hutch** 1&2/22. (S1)
1.00 PM **The Lone Gun** Western. (1954, U, 78min) ★★
2.35 **Fort Apache** John Ford Western. (1948, b/w, U, 127min) ★★★★
5.05 **The Dirty Dozen: The Fatal Mission** World War Two action sequel. (1988, PG, 91min) ★
7.10 **Mind Blown** Thriller starring Luke Goss and Monique Parent. (2016, 15, 99min) ★★
9.00 **The Patriot** Epic period drama starring Mel Gibson and Heath Ledger. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★
12.20 AM **Starsky & Hutch** (S1)
2.20 **to 4.00** AM **Hijacked** Action thriller starring Denise Richards. An FBI agent becomes caught up in the middle of a mid-air heist. (2017, 15, 88min) ★★

+1 hour 324

Movies 24

325 419

7.00 AM **Chateau Christmas** As 7pm.
9.00 **Chocolate Covered Christmas**
11.00 **Homecoming for the Holidays**
1.00 PM **Christmas Sail** As 1am.
3.00 **A Christmas Movie Christmas** Comedy with Brant Daugherty. (2019, PG, 85min) ★★
5.00 **Christmas Around the Corner** Drama starring Jamie Spilchuk and Alexandra Breckenridge. (2018, PG, 90min) ★★
7.00 **Chateau Christmas** Drama starring Kinsey Leigh Redmond. Three sisters attempt to save a historic mansion in their town from a corrupt bank that plans to foreclose on Christmas. (2019, PG, 98min) ★★
9.00 **Chocolate Covered Christmas** Romance starring Malone Thomas. A chocolatier's daughter falls in love with the businessman who has taken over her parents' business. (2020, PG, 84min) ★★
11.00 **Homecoming for the Holidays** Drama. (2019, PG, 90min) ★★
1.00 AM **Christmas Sail** Festive drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas Movie Christmas** As 3pm.

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **Assassins** *ITV4* Action thriller starring Sylvester Stallone, and Antonio Banderas. A world-weary assassin comes up against a young rival who is eager to steal his crown. ★★
9.00 **The Taking of Pelham 1 2 3** *5Action* Action thriller remake starring Denzel Washington and John Travolta. Four gunmen hijack a subway train, leading to a battle of wits between the gang's leader and a train dispatcher. ★★★
10.00 **Kick-Ass 2** *BBC3* Comic-book action thriller sequel starring Aaron Johnson and Chloë Grace Moretz. Kick-Ass and Hit Girl come under threat from a dead mobster's son. ★★★
10.00 **Ape vs Monster** *Syfy* Sci-fi adventure starring Quinn Baker, Rudy Bentz and Buck Burns. ★★
11.10 **The Courier** *5Action* Thriller starring Olga Kurylenko. ★★★
11.45 **Ronin** *ITV4* Thriller starring Robert De Niro, Jean Reno and Natascha McElhone. ★★★
12.15 AM **Happy End** *BBC2 (Not NI)* Drama with Mathieu Kassovitz. Partly subtitled. ★★★★

MONDAY Sport

4 July

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** Including news and views on today's early stories and a look at the back pages.
9.30 **Test Cricket Bitesize** England v New Zealand: Brief highlights of day three of the fifth Test.
9.45 **LIVE Test Cricket England v India.** Coverage of day four of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham. The first four Tests took place last year and India went into this match with a 2-1 lead, following a draw at Trent Bridge, victories at The Oval and Lord's and a loss at Headingley, but England will go into this contest on a high following a series victory over New Zealand, also on home soil.
6.30 PM **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
10.00 **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Tony Adams**
7.30 **PL Legends: Peter Schmeichel**
8.00 **Best PL Goals: Merseyside Derby** Memorable strikes.
8.30 **Best PL Goals: Manchester Derby** Memorable strikes.
9.00 **Premier League 100 Club**
10.00 **PL Retro** Manchester United v Liverpool from 2008/09.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **Premier League 100 Club**
6.00 **PL Legends: Alan Shearer**
6.30 **PL Legends: Michael Owen**
7.00 **Premier League** Manchester United v West Ham United.
9.00 **Gary Neville's Soccerbox**
10.00 **Premier League Icons**
10.30 **PL Retro** Arsenal v Tottenham Hotspur from 2008/09.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 00/01**
5.00 **Best PL Goals 16/17**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Greatest Games**
9.00 **Bundesliga**
10.00 **EFL Play-off Final League 2 19/20** A replay of Exeter City v Northampton Town from 2019/20.
11.00 **EFL Play-off Final League 1 19/20** Oxford United v Wycombe Wanderers from 2019/20.
12.00 NOON **EFL C'Ship PlayOff Semi-final 1st Leg**
12.15 PM **EFL Highlights**
12.30 **EFL C'Ship Play-off Semi-final Highlights** Cardiff City v Fulham.
12.45 **EFL Highlights**
1.00 **EFL Play-off Final C'Ship 19/20**
2.00 **EFL Trophy Semi-final Highlights**
3.00 **EFL Trophy Football**
6.30 **Bundesliga Special: Erling Haaland: A Phenomenon**
7.00 **Bundesliga Special: It's All About Der Klassiker**
7.30 **Bundesliga Special: World at their Feet**
8.00 **Bundesliga**
9.30 **Bundesliga Special: Champions**
10.00 **Bundesliga**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Trophy Football**
12.30 AM **Best Goals: EFL Cup 2021-22**
1.00 **EFL Cup Highlights**
3.00 **to 6.00** AM **Highlights**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Vitality T20 Blast Cricket**
6.30 **T20 Blast 2006**
6.45 **Test Cricket Bitesize**
7.00 **Test Cricket**
8.00 **The Fletcher Years**
8.30 **Test Cricket**
9.30 **Test Cricket Bitesize**
9.45 **LIVE Test Cricket England v India.** Coverage of day four of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
6.30 PM **Cricket in Mumbai** Nasser Hussain examines Mumbai's influence on Indian cricket.
7.30 **Voices of Summer** A look at the commentary contributions of Michael Holding and David Lloyd.
8.00 **Test Cricket** England v India: Highlights of the fourth day of the fifth and final Test in the series.
9.00 **Test Cricket Bitesize**
9.15 **Dinesh Karthik Meets**
10.00 **Test Cricket**
11.00 **Test Cricket Bitesize**
11.15 **Vitality T20 Blast Cricket**
11.45 **Best of T20 Blast Finals Day**
12.00 M'T **Test Cricket**
1.00 AM **Vitality T20 Blast Cricket**
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **DP World Tour Golf** The final day of the Irish Open.
10.30 **European Challenge Tour Golf** The Open De Bretagne.
11.00 **Chronicles of a Champion Golfer** A profile of Paul Lawrie.
12.00 NOON **DP World Tour Golf**
1.00 PM **Golf** Action from the R&A Women's Amateur Championship.
2.00 **LIVE Golf** Coverage of the opening day of the JP McManus Pro Am from the Adare Manor Golf Club in Limerick, Ireland.
7.30 **The Open Roadtrip**
8.00 **PGA Tour Golf** Highlights of the John Deere Classic.
9.00 **DP World Tour Golf** Highlights of the final day of the Irish Open.
10.00 **Golf** Action from this year's R&A Women's Amateur Championship.
11.00 **DP World Tour Golf** Highlights of the final day of the Irish Open.
12.00 M'T **PGA Tour Golf** Highlights of the John Deere Classic.
1.00 AM **DP World Tour Golf** Highlights of the final day of the Irish Open.
2.00 **PGA Tour Golf** Highlights of the John Deere Classic.
3.00 **DP World Tour Golf** The Irish Open hosted by the Rory Foundation.
5.00 **to 6.00** AM **PGA Tour Golf**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **Ariel Helwani Meets**
7.00 **WWE NXT Highlights**
8.00 **FIM Sidecar World Championship Highlights**
9.00 **WSL Presents**
10.00 **ESPN FC** Football news.
10.30 **Badminton Unlimited**
11.00 **Badminton** Action from the finals of the Malaysia Open.
1.00 PM **T20 Cricket Highlights**
2.00 **Canadian Premier League**
4.00 **LIVE MLB Washington Marlins v Miami Nationals.** Coverage of the National League match from Nationals Park. Start-time **4.05pm**.
7.30 **Premier League Stories**
8.00 **FIH Hockey Women's World Cup** England v India.
9.00 **Fishing: On the Bank**
10.00 **What I Wore**
10.30 **FIM Enduro World Championship** The latest action.
11.00 **WWE Raw Highlights**
12.00 M'T **WWE SmackDown Highlights** All the best action.
1.00 AM **LIVE WWE Monday Night Raw** The latest wrestling coverage from America.
4.15 **Ariel Helwani Meets**
5.15 **The Deal**
5.45 **to 6.00** AM **Immortals**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **FIM JuniorGP Championship** From Spain.
9.45 **MotoGP Rewind**
10.00 **FIH Hockey Women's World Cup** New Zealand v China.
11.00 **FIH Hockey Women's World Cup** Action from Germany v Chile.
12.00 NOON **FIH Hockey Women's World Cup** Action from Argentina v South Korea.
1.00 PM **FIH Hockey Women's World Cup** Netherlands v Ireland.
2.00 **FIH Hockey Women's World Cup** Action from Australia v Japan.
3.00 **PSA Squash Highlights**
4.00 **ESPN FC** Football news.
4.30 **The Volleyball Show**
5.00 **BT Sport Fight Night**
7.00 **World Seniors Darts Matchplay** Action from Hull.
9.00 **UFC** Another chance to see Israel Adesanya v Jared Cannonier.
12.00 M'T **UFC Fight Flashback – 247**
12.30 AM **LIVE CFL Winnipeg Blue Bombers v Toronto Argonauts** Coverage of the match from BMO Field. Kick-off **12.30am**.
3.30 **UFC: The Ultimate Fighter**
4.30 **Boxing: Ali v Terrell 1967**
5.00 **to 6.00** AM **Boxing: Ali v Lin 1971**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1 Highlights**
10.00 **Gallagher Premiership Rugby Union** Season review.
12.00 NOON **UEFA Champions League** Liverpool v AC Milan.
12.30 PM A look back at action from FC Porto v Liverpool.
1.00 A look back at action from Atletico Madrid v Liverpool.
1.30 A look back at action from Liverpool v Atletico Madrid.
2.00 Liverpool v FC Porto.
2.30 AC Milan v Liverpool.
3.00 Inter Milan v Liverpool.
4.00 Liverpool v Inter Milan.
5.00 Benfica v Liverpool.
6.00 Liverpool v Benfica.
7.00 Liverpool v Villarreal.
8.00 Villarreal v Liverpool.
9.00 A replay of Liverpool v Real Madrid in the final.
10.30 **BT Sport Films: The Boot Room Boys** A look at how Liverpool's unique club culture underpinned the club's success.
12.15 AM **Immortals** Steve McManaman picks his all-time Champions League XI.
12.30 **The Volleyball Show**
1.00 **to 6.00** AM **FIH Hockey Women's World Cup**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL: America's Game** St Louis Rams' 1999 Super Bowl victory over Tennessee Titans.
7.00 **International Rugby Union**
8.00 **World Cup of Darts** A replay of day one of the tournament at Eissporthalle, Frankfurt.
12.15 PM **International Rugby Union**
2.45 **NFL Bitesize Highlights** Kansas City Chiefs v Buffalo Bills.
3.00 **Top Rank Boxing Archive** Action from Ayub Kalule v Sugar Ray Leonard from 1981.
4.00 **WNBA** Action from Connecticut Sun v Washington Mystics.
5.45 **WNBA** Another chance to see Atlanta Dream v Seattle Storm.
7.30 **International Rugby Union** Highlights of Australia v England.
8.30 **WNBA** Action from Connecticut Sun v Washington Mystics.
10.15 **WNBA** Another chance to see Atlanta Dream v Seattle Storm.
12.00 M'T **Total Access** NFL news.
1.00 AM **NFL Highlights** Green Bay Packers v San Francisco 49ers.
1.15 Action from Tampa Bay Buccaneers v Los Angeles Rams.
1.30 Action from Kansas City Chiefs v Buffalo Bills.
1.45 **to 6.00** AM **World Cup of Darts**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Fighting Fit 2020**
7.00 **Fit In 5**
7.30 **My Icon**
8.00 **DP World Tour Golf**
12.30 PM **European Challenge Tour Golf** The Open De Bretagne.
1.00 **Chronicles of a Champion Golfer** A profile of Paul Lawrie.
1.30 The career of Phil Mickelson.
2.00 **DP World Tour Golf** Highlights of the final day of the Irish Open.
3.00 **Fighting Fit 2020**
4.00 **Fit In 5**
4.30 **My Icon**
5.00 **Golf** Action from this year's R&A Women's Amateur Championship.
6.00 **WNBA** Action from Connecticut Sun v Washington Mystics.
7.45 **WNBA** Another chance to see Atlanta Dream v Seattle Storm.
9.30 **Vitality T20 Blast Cricket** Sussex v Hampshire from 2004.
10.00 **PGA Tour Golf** Highlights of the John Deere Classic.
11.00 **DP World Tour Golf** Highlights of the final day of the Irish Open.
12.00 M'T **Test Cricket** England v India.
1.00 AM **Vitality T20 Blast Cricket** Yorkshire Vikings v Sussex Sharks.
5.00 **to 6.00** AM **The Hundred Bitesize**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **ESPN FC** Football news.
6.30 **Women's College World Series**
8.30 **ESPN FC** Football news.
9.00 **MLB: Angels @ Astros**
12.00 NOON **MLB Quick Pitch**
1.00 PM **ESPN FC** Football news.
1.30 **MLB Plays of the Week**
2.00 **MLB: Cardinals @ Phillies**
5.00 **MLB Quick Pitch**
6.00 **CFL**
8.30 **ESPN FC** Football news.
9.00 **LIVE MLB Chicago Cubs v Milwaukee Brewers.** Coverage of the National League match. Start-time **9.10pm**.
12.30 AM **Formula Regional European Championship**
1.00 **LIVE MLB Minnesota Twins v Chicago White Sox.** Coverage of the American League match. Start-time **1.10am**.
4.30 **MLB Plays of the Week**
5.00 **BT Sport Reload**
5.30 **to 6.00** AM **Formula Regional European Championship**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The...**
7.00 **Climbing World Cup**
8.00 **Tennis: Wimbledon**
9.30 **Olympics: Legends Live On**
10.00 **Cycling: Tour de France**
11.00 **Tour de France: The Breakaway**
11.30 **Cycling: Giro d'Italia – Women**
1.00 PM **LIVE Cycling: Giro d'Italia – Women** Stage four.
2.30 **Cycling: Tour de France**
3.30 **Tour de France: The Breakaway**
4.00 **Olympic Games: Wait for It**
4.30 **Climbing World Cup**
6.30 **Olympic Games: Wait for It**
7.00 **Cycling: Giro d'Italia – Women**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Climbing Show**
10.00 **The Judo Show**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: The...**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **to 6.30** AM **Highlights**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **Cycling: Tour de France**
8.30 **Tour de France: The Breakaway**
9.00 **Formula E**
10.00 **British Speedway**
11.00 **Climbing World Cup**
12.00 NOON **Tennis: Wimbledon**
1.30 PM **Motocross World Champs**
2.00 **British Superbikes**
3.55 **FIA World Endurance Champs**
4.55 **Motocross World Champs**
5.35 **The Judo Show**
6.30 **Climbing Show**
7.00 **Archery World Cup**
8.00 **Olympic Games: Before They Were Superstars**
9.40 **Roland-Garros**
10.00 **Tennis: Wimbledon**
11.30 **World Touring Car Cup**
12.35 AM **Cycling: Tour de France**
1.30 **Tour de France: The Breakaway**
2.00 **Tennis: Wimbledon**
3.30 **Cycling: Tour de France**
4.30 **Tour de France: The Breakaway**
5.00 **to 6.00** AM **British Speedway**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.00 **Rugby League Retro**
9.15 **Super League Highlights**
9.45 **Women's Super League**
10.00 **NBA Basketball** New Orleans Pelicans v Atlanta Hawks.
12.00 NOON **NBA Basketball**
2.00 PM **International Rugby League**
2.15 **Super League Highlights**
3.30 **Women's Super League**
3.45 **Netball Superleague** A replay of the game between London Pulse and Manchester Thunder.
6.00 **Players Only: Kobe & Shaq**
7.00 **Show Jumping** Highlights from the Rolex Grand Slam in Germany.
8.00 **NBA Basketball** A replay of the game between Philadelphia 76ers and Detroit Pistons.
10.00 **Show Jumping**
11.00 **Super League Highlights**
12.00 M'T **Netball Superleague**
4.00 AM **Super League Highlights**
5.00 **to 6.00** AM **Super League's Supermen**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **Highlights**
10.45 **Future is Bright For Ferrari**
10.55 **Johnny in Jones' Champ Car**
11.00 **Formula 1**
12.25 PM **Rachel Interviews Ricciardo**
12.30 **Formula 1**
1.55 **Lando's Insta**
2.00 **The F1 Show**
3.00 **Formula 1**
6.00 **The Notebook**
6.30 **Charles and Carlos**
6.45 **Rachel Interviews Alonso**
6.55 **Ted & the VR Car**
7.00 **Formula 1**
9.15 **Insta Stories with Ricciardo**
9.25 **Johnny in Jones' Champ Car**
9.30 **Any Driven Monday**
11.00 **Formula 1**
12.00 M'T **The Notebook**
12.30 AM **Russell Riding High**
12.40 **Toto & George**
12.50 **Rachel Interviews Alonso**
1.00 **Best of Australia 2022**
1.30 **Best of Imola 2022**
2.00 **to 6.00** AM **F1: Best of 2021**

SKY HD SD | VIRGIN HD | BT HD

Tuesday

5 July

Evening Planner

Factual

A Taste of the Country
Channel 5, 7.30pm
Following the adventures of former London-based chef Julius Roberts on his fully self-sufficient smallholding in Dorset

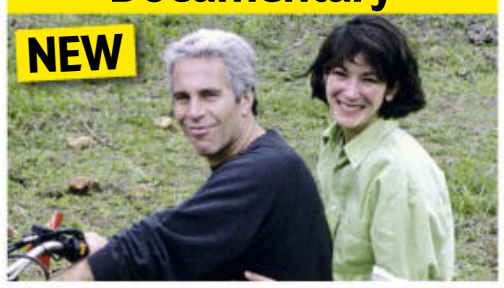
Factual

Freddie Flintoff's Field of Dreams
BBC1, 8pm
The returns to his home town of Preston to promote cricket to local youngsters

Documentary

Ben Fogle's New Lives in the Country
Channel 5, 9pm
Ben meets a family as they move from Kent to a remote village in west Scotland

Documentary



Ghislaine Maxwell: The Making of a Monster
C4, 10pm
Three-part profile of the convicted sex trafficker. Continues to Thursday

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Freddie Flintoff's Field of Dreams		9.00 Mental Health: Young Lives in Crisis		10.00 News; Local News	
102 BBC2	◂ 12.30 Wimbledon – Live		8.00 Today at Wimbledon		9.00 Inside the Factory XL: Diggers		10.00 QI	10.30 Newsnight
103 ITV	◂ 6.30 News	7.30 Emmerdale	8.00 Cooking with the Stars		9.00 Doc Martin		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 24 Hours in Police Custody...		10.00 Ghislaine Maxwell: The Making of a...	
105 CHANNEL 5	7.00 Walking...	7.30 A Taste of the...	8.00 Live: Summer on the Farm		9.00 Ben Fogle's New Lives in the Country		10.00 Heatwave: Summer of '76	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The Flash		9.00 Film: Hanna			
ENTERTAINMENT								
117 BBC3	7.00 Top Gear		8.00 Hungry for It		9.00 Gavin & Stacey		10.00 Ellie & Natasia	10.30 Skinny Fat
116 BBC4	7.00 Cricket: Today at the Test		8.00 Keeping Up...	8.30 Ever...	9.00 Royal History's Biggest Fibs...		10.00 On the Morning...	10.35 Age of...
118 ITV2	7.00 Bob's Burgers		8.00 Superstore		9.00 Love Island		10.00 Olivia Attwood: Getting Filthy Rich	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall			9.00 24 Hours in A&E		10.00 999: What's Your Emergency?	
135 E4	7.00 Hollyoaks	7.30 Neighborhood	8.00 Below Deck		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 The Good Doctor		10.00 Law & Order: Organized Crime	
108 SKY ATLANTIC	◂ 6.45 The Wire		7.55 Game of Thrones		9.00 We Own This City		10.05 Blocco 181	
110 GOLD	7.15 Dad's Army		8.00 The Good Life		9.15 Men Behaving Badly			10.35 Not Going...
111 DAVE	7.00 Richard Osman's...	7.40 Room 101			9.00 QI XL		10.00 Live at the Apollo	
119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Blue Murder	
120 ITV4	7.00 Tour de France Highlights		8.00 Ned's History of Irish Cycling		9.00 Film: U.S. Marshals			
112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Greatest Ever Movie Blunders		10.00 Jason Manford: First World Problems	
152 SYFY	7.00 Quantum Leap		8.00 Star Trek: Deep Space Nine		9.00 Grimm		10.00 Film: Speed Kills	
113 SKY MAX	7.00 Stargate SG-1		8.00 The Flash		9.00 Strike Back: Silent War		10.00 S.W.A.T.	
132 ALIBI	7.00 Rizzoli & Isles		8.00 Death in Paradise		9.00 Miss Scarlet and the Duke		10.00 Deception	
130 SKY ARTS	7.00 The Art Mysteries		8.00 Escher: Journey Into Infinity			9.30 Hitler the...	10.00 Marilyn...	10.30 Cheltenham...
DOCUMENTARY								
125 DISCOVERY	7.00 Outback Truckers		8.00 Fast N' Loud		9.00 Gold Rush: Parker's Trail		10.00 Gold Rush: Dave Turin's Lost Mine	
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Born Mucky: Life on the Farm				10.00 The Last Alaskans	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Bloody Tales of the Tower		9.00 Vikings: The Rise and Fall		10.00 Atlas of Cursed Places	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Clash of the Gods		9.00 History's Greatest Mysteries		10.00 Book of Secrets with Lance Reddick	
155 YESTERDAY	7.00 Abandoned Engineering		8.00 Great Continental Railway Journeys		9.00 Secrets of Britain		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Inside the Freemasons		8.00 Veleno: The Town of Lost Children		9.00 Scouting For Girls: Fashion's Darkest...		10.00 On the Record	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.25 White Elephant		8.00 King Richard					10.30 Zola
303 HITS	◂ 5.35 Transformers		8.00 Monster Hunter				10.00 Don't Breathe 2	
304 GREATS	◂ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Fury	
305 ANIMATION	◂ 6.35 Shrek 2		8.10 Early Man			9.50 The Wild Thornberrys Movie		
306 FAMILY	7.10 Space Jam: A New Legacy				9.10 Scooby-Doo 2: Monsters Unleashed			
307 ACTION	◂ 5.50 The Sum of All Fears		8.00 Sherlock Holmes				10.15 Lucy	
308 COMEDY	◂ 6.00 Madea's Witness Protection		8.00 Leap of Faith				10.00 Barb & Star Go to Vista Del Mar	
309 THRILLER	◂ 6.05 Side Effects		8.00 The Dry				10.00 Goodfellas	
310 DRAMA	◂ 6.45 Gridiron Gang				9.00 The Cider House Rules			
311 SCI-FI	◂ 6.10 Dual		8.00 Total Recall				10.00 The Omen	
302 MUSIC	◂ 6.00 School of Rock		8.00 Dreamgirls				10.10 Grease 2	
313 FILM4	◂ 6.15 The Martian				9.00 Stage Mother			
315 TCM MOVIES	◂ 5.35 Hitler – The Last Ten Days	7.45 Death Valley Rangers			9.00 The Lost Boys			
SPORT								
401 MAIN EVENT	7.00 Sky Sports News							
402 PREMIER LEAGUE	7.00 Premier League				9.00 Gary Neville's Soccerbox		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup Highlights							10.30 MLS...
404 CRICKET	7.00 Talking Cricket		8.00 Test Cricket			9.15 Dinesh Karthik Meets	10.00 Test Cricket	
413 BT SPORT 1	◂ 6.30 FIH Hockey Women's World Cup – Live: New Zealand v England (Push-back 6.30);Belgium v Australia (Push-back 8.30)							10.30 Formula...
414 BT SPORT 2	7.00 T20 Cricket Highlights				9.00 MLB – Live: San Diego Padres v Seattle Mariners (Start-time 9.10)			

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Frontline Fightback** New edition How West Midlands Police sergeant Tony Webb found himself staring down the barrel of a gun. (S)(AD)
10.45 **Expert Witness** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition Properties in Derby, Cumbria and Lincolnshire. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 LIVE **Wimbledon** Sue Barker presents coverage of day nine from the All England Club, featuring the quarter-finals of the men's and ladies' singles competitions. *Coverage continues on BBC2*. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** Mitch is convinced Avery has an ulterior motive. (S)(AD)

8 PM

8.00 NEW SERIES **Freddie Flintoff's Field of Dreams** 1/3. Freddie Flintoff sets out to turn a group of lively teenagers from his home town of Preston into a competitive cricket team. *See feature, page 11.* (S)(AD)

9 PM

9.00 NEW **Mental Health: Young Lives in Crisis** With unique access to the biggest mental health service in the UK and some of its young patients, *Panorama* reveals the challenges faced daily by clinicians. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Everything I Know About Love** New episode *Unknown Jungles:* 5/7. The girls throw a queen-themed house party, but Birdy is hesitant to join in. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.25 **This Is MY House** Judi Love, MIST Richard Madeley and Harry Hill try to guess who the real Rohini is, owner of a nine-bedroom Georgian mansion. (S)(R)(AD)
11.55 **Top Gear** 5/6. The team celebrate 100 years of the BBC by tackling 1920s-style motorsport. (S)(R)
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Frontline Fightback** Police hunt a serial arsonist. (S)(R)(AD)
7.15 **Sign Zone: Commando: Britain's Ocean Warriors** 4/4. A corporal attempts to join the ranks of the Mountain Leaders. (S)(R)
8.15 **The Super League Show** Tanya Arnold introduces action from the latest fixtures, including Catalans Dragons v St Helens. (S)(R)
9.00 **BBC News** (S)
11.45 **Politics Live** (S)
12.30 PM LIVE **Wimbledon** Sue Barker presents coverage of the ninth day's play from the All England Club, including the quarter-finals of the men's and ladies' singles competitions. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button

12.30 Wimbledon

7 PM

LIVE **Wimbledon** (started at 12.30pm)

8 PM

8.00 **Today at Wimbledon** Clare Balding presents highlights of the ninth day's play at the All England Club, as the men's and ladies' quarter-finals got under way. (S)

9 PM

9.00 **Inside the Factory XL: Diggers** 1/7. Gregg Wallace and Cherry Healey get special access to the JCB factory in Staffordshire, where as many as 100 iconic yellow diggers are built every single day. (S)(R)(AD)

10 PM

10.00 **QI** Sandi Tokvig hosts as Cally Beaton, Jamali Maddix and Josh Widdicombe join regular panellist Alan Davies. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Cricket: Today at the Test** England v India: Action from day five of the fifth and final Test. (S)
12.15 AM **Lenny Henry's Caribbean Britain** 2/2. (S)(R)(AD)
1.15 **Sign Zone: DIY SOS: The Big Build** From Stoke. (S)(R)(AD)
2.15 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
3.15 **Sign Zone: Sarah the Lumberjill – Our Lives** (S)(R)(AD)
3.45 **to 6.30** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team head to Grimsby, where Simon Schneider falls in love with a beautiful necklace, and David Ford takes a trip down memory lane. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as five university friends try to answer questions about top 10 lists. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Cooking with the Stars

7 PM

7.30 **Emmerdale** Charles tries to track down his daughter, and Moira is pleased by a small gesture. (S)(AD)

8 PM

8.00 **Cooking with the Stars** New edition Emma Willis and Tom Allen host as the remaining celebrities present their best Thai-inspired dishes in a bid to stay in the competition. (S)(AD)

9 PM

9.00 **Doc Martin** *Wild West Country:* 5/8. The acerbic GP investigates after a local farmer shoots a camper after he took some of his eggs. Meanwhile, a secret bidder buys the Crab and Lobster pub. (S9) (S)(R)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Junk and Disorderly** Henry Cole works against the clock to restore a so-called belly pump from the 1920s. (S)(R)
11.40 **Tour de France Highlights** Action from stage four, a 171.5km route from Dunkirk to Calais. (S)
12.30 AM **Shop: Ideal World**
3.00 **Martin Clunes: My Travels and Other Animals** A look back at the best moments from a decade of Martin's travels. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Food We Love** With John Partridge and Candice Brown. (S)(SL)(R)(AD)

+1 hour | 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.35 AM **3rd Rock from the Sun** (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.15 **Frasier** 1-3/24. (S4) (S)(R)(AD)
9.40 **The Big Bang Theory** (S)(R)(AD)
11.05 **Car S.O.S** A Peugeot 504. (S)(R)
12.05 PM **News** (S)
12.10 **Ramsay's 24 Hours to Hell and Back** From New Jersey. (S)(R)
1.05 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **Find It, Fix It, Flog It** New edition From Buckinghamshire. (S)(AD)
4.00 **A Place in the Sun** New edition Searching for a holiday home in Olbia on the island of Sardinia. (S)
5.00 **Come Dine with Me: The Professionals** New edition A seafood battle in Liverpool. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** The investigation into Ali's misconduct begins. (S)(AD)

8.00 Bake Off: The Professionals

7 PM

7.00 **News** (S)
7.55 **The Political Slot** New edition Wrexham councillors Carrie Harper and Becca Martin present Plaid Cymru's view on tackling child poverty. (S)

8 PM

8.00 **Bake Off: The Professionals** New edition The best teams from both sets of heats are brought together and challenged to create 24 apple turnovers and a sugar showpiece on the theme of 'A Garden Paradise'. (S)(AD)

9 PM

9.00 **24 Hours in Police Custody: The Murder of Rikki Neave** Series finale 2/2. How analysis of the evidence put a new suspect, James Watson, who was 13 at the time of the killing, together with Rikki Neave on the day of his disappearance. (S)

10 PM

10.00 NEW SERIES **Ghislaine Maxwell: The Making of a Monster** 1/3. Profile of the sex trafficker, beginning by delving into her childhood in the shadow of a tyrannical father. (S)(AD)
■ Continues tomorrow
11.05 **Celebrity Gogglebox** (S)(R)(AD)
12.05 AM **Gogglebox** (S)(R)(AD)
1.00 **The Lateish Show with Mo Gilligan**
1.55 NEW **Iris Prize Best British Short: Split Sole** Short film. (S)
2.10 **Kitchen Nightmares USA** (SL)(R)
3.05 **Couples Come Dine with Me** (R)
4.00 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
4.55 **Location, Location, Location** (R)
5.50 **Sunday Brunch Best Bits** (S)
5.55 **to 6.35** AM **Countdown** (S)(R)

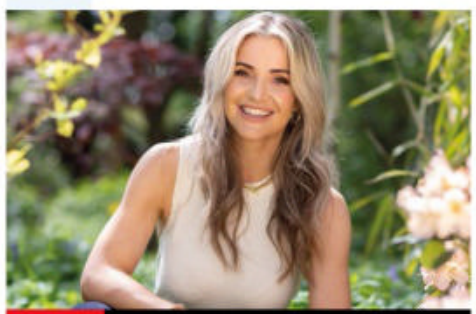
+1 hour | 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.15 PM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.10 **News** (S)
1.15 **Home and Away** (S)(AD)
1.45 **Neighbours** (S)(AD)
2.15 FILM **A Family to Kill For** Thriller starring Wendie Malick and Amanda Righetti. (S) (2020, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Susie and Reg raise money to rebuild their dog rescue centre. (S)(R)
5.00 **News** (S)
6.00 **Neighbours** Grant stands by his decision to keep Hendrix's videos from Mackenzie. (S)(R)
6.30 **Celebrity Eggheads** A team of comedians take part. (S)(R)



8.00 Live: Summer on the Farm

7.00 **Walking Wartime Britain** 1/6. From Liverpool. (S)(R)
7.30 NEW SERIES **A Taste of the Country** 1/6. Following Julius Roberts on his Dorset smallholding. (S)
7.55 **News** (S)
8.00 **Live: Summer on the Farm** New edition 2/5. Helen Skelton and Martin Hughes-Games host a week of programmes from Cannon Hall Farm in south Yorkshire, run by brothers Rob and Dave Nicholson. (S)
9.00 NEW SERIES **Ben Fogle's New Lives in the Country** 1/6. Ben spends a year following Paul, Toni and daughter Harriet as they risk everything to buy a rundown pub in a remote village in the wilds of Scotland. (S)
10.00 **Heatwave: Summer of '76** The story of the 1976 summer drought, when gardens burned, communities depended upon communal standpipes for their water, and Brits were urged to 'bath with a friend'. (S)(R)
11.30 **The Yorkshire Ripper's New Victims** Documentary. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **LeoVegas Live Casino Show** (S)
3.00 **Entertainment News** (S)
3.10 **British Planes That Won the War with Rob Bell** (S)(R)
4.00 **Britain's Greatest Bridges** Britannia Bridge. (S)(SL)(R)(AD)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **to 5.35** AM **House Doctor** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Dogs with Extraordinary Jobs** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 11/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S1) (S)(R)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
2.00 **MacGyver** (S1) (S)(R)(AD)
3.00 **Wild Animal Babies** (S)(R)
4.00 **Modern Family** (S3) (S)(R)
5.00 **The Simpsons** *What to Expect When Bart's Expecting.* (S)(R)
5.30 **The Fresh Prince of Bel Air** 7/24. Ashley seeks relationship advice from Hilary (S)(R) **6.00** 8/24. Will and Carlton head for Las Vegas. (S6) (S)(R)
6.30 **The Simpsons** *Clown in the Dumps:* Krusty's confidence takes a beating. (S)(R)

9.00 Hanna

7.00 **The Simpsons** *The Wreck of the Relationship:* Homer and Bart embark on a father-son bonding ocean voyage. (S)(R) **7.30** *Super Franchise Me:* Marge opens her own sandwich shop. (S)(R)
8.00 **The Flash** New episode *Into the Still Force:* 15/18. Barry gets an assist from XS, while the CCPD enlist Chester for help when a mysterious device is found at a crime scene. (S8)
9.00 FILM **Hanna** Action thriller starring Saoirse Ronan, Eric Bana and Cate Blanchett. A 16-year-old girl, trained by her father to be the perfect assassin, embarks on a dangerous globe-hopping quest. With Olivia Williams and Tom Hollander. (2011, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **The Flight Attendant** 7/8. Cassie, Shane, Annie and Max look for clues in the string of murders. (S2) (S)(R)(AD)
12.00 M'T **The Blacklist** (S9) (S)(R)
1.00 AM **Road Wars** Police officers combat vehicle crime. (S)(R)
2.00 **The Force: Manchester** (S)(R)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **MacGyver** (S1) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
No variations
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations
WALES
Sky **952**, Virgin **864**, Freesat **964**
10.45am Homes Under the Hammer (S)(R) **11.45am-12.15pm** X-Ray (S)(R) **9.00-10.00pm** NEW Michael Sheen: Lifting the Lid on the 'Care Crisis' (S) **10.40** Skinny Fat (S)(R) **10.45** Mental Health: Young Lives in Crisis (S)(R) **11.45** Everything I Know About Love (S)(R) **12.35am** Hayley Goes (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
10.00-10.30pm Home Ground (S)(R)
WALES
Sky **971**, Freesat **971**
11.15pm First Minister's Questions (S) **12.05am** Cricket: Today at the Test (S) **1.05-1.15am** Coast (S)(R)

ITV

As main ITV except:
WALES
10.45-11.40pm The Savoy (S)(R)(AD)

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Pobl a'u Gerddi **12.30** Ffermio **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Le Tour de France **4.30** Peppa **4.35** Sam Tân **4.45** Deian a Loli **5.00** Stwnsh **6.00** Bwyd Epic Chris (AD) **6.25** Chwedloni New edition **6.30** Pobol y Penwythnos **6.57** Newyddion S4C a'r Tywydd **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Drych: Byw Gyda MS New edition **10.00** Seiclo: Le Tour de France **10.30-11.35pm** Rocco Schiavone Series finale

TV&Satellite week
New issue on sale today

BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Test-driving the Ferrari FXXK in Florida.
7.55 **The Catch Up**
8.00 **Hungry for It** New edition 5/8. With guest judge Nathaniel Smith (AKA @TheGrubworksKitchen).
9.00 **Gavin & Stacey** 5/6. Gavin embarks on two stag nights. **9.30** 6/6. The day of the wedding arrives. (S1)
10.00 **Ellie & Natasia** New edition 5/6. The Brothers Pomodoro show off their new cookbook. **10.15** Series finale 6/6. The Internet Nails gang hand out special awards. (S1)
10.30 NEW **Skinny Fat** A gay man confronts his belly fat.
10.40 **People Just Do Nothing** 4/6. Miche surprises Roche with a baby shower. **11.10** 5/6. Kurupt FM perform at a club. (S3)
12.10 AM **Hungry for It**
1.10 **Ellie & Natasia**
1.40 **Big Proud Party Agency**
2.40 **Gavin & Stacey**
3.40 **to 3.45** AM **Skinny Fat**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Cricket: Today at the Test** England v India: Action from day five of the rearranged fifth and final Test, held at Edgbaston.
8.00 **Keeping Up Appearances** Hyacinth agrees to meet a VIP at the train station.
8.30 **Ever Decreasing Circles** Paul interferes with Martin's fundraising dance.
9.00 **Royal History's Biggest Fibs with Lucy Worsley** The myths swirling around the Georgian Regency.
10.00 NEW **On the Morning You Wake (To the End of the World): Storyville** Documentary about a false nuclear warning in Hawaii.
10.35 **Age of the Image** 3/4. How artists, film-makers and advertisers used images to sell fantasies of a better life.
11.35 **Chemistry: A Volatile History** Pioneers who discovered the elements that form the building blocks of the world.
12.35 **to 3.35** AM **The Terror**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **The Block: Big Renovation Challenge** New edition Scott has bad news about the budget.
5.55 **Heir Hunters**
6.55 **Escape to the Chateau: DIY** Lincolnshire couple Tim and Rebecca want to transform their aviary into a boutique brocante shop.
7.55 **Devon and Cornwall** Fisherman Stephen Perham prepares for the lucrative Clovelly Lobster Festival.
9.00 **24 Hours in A&E** A 74-year-old is rushed into St George's with a dangerously high heart rate, after becoming dizzy.
10.00 **999: What's Your Emergency?** Police officers are dispatched when a four-year-old boy is found wandering the streets alone.
11.05 **24 Hours in A&E** The stories of two motorcyclists reveal how bonds can be strengthened through adversity.
12.10 AM **999: On the Front Line** Documentary.
1.15 **999: What's Your Emergency?** As 10pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Black-ish**
8.00 **The Big Bang Theory**
8.30 **Ramsay's Kitchen Nightmares USA**
9.30 **Married at First Sight Australia** Reality show.
11.00 **The Goldbergs**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Young Sheldon**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory** Four episodes. (S4&10)
7.00 **Hollyoaks** The tribunal into Ali's misconduct takes a turn.
7.30 **The Neighborhood** New episode 17/22. Calvin's brother Curtis makes a surprise visit, creating chaos in the Butler's lives. (S4)
8.00 **Below Deck** Series finale Rhylee feels awkward around Tyler, while Laura and Ashton begin to make plans for the future.
9.00 **Gogglebox** Opinions on *Line of Duty*, *The Circle* and *The Flight Attendant*.
10.00 **Naked Attraction** A forensics student hopes to find his partner in crime.
11.05 **First Dates**
12.10 AM **Below Deck**
1.10 **Gogglebox**
2.15 **Naked Attraction**
3.10 **First Dates**
4.05 **The Big Bang Theory**
4.30 **Melissa & Joey**
5.20 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Road Wars**
10.00 **UK Border Force**
11.00 **Law & Order** 1/24. (S15)
12.00 NOON **Private Eyes** 2/8. (S5)
1.00 PM **Blue Bloods** 15/22. Erin protects a Mob informant. (S5)
2.00 **The Equalizer** 7/18. Bishop needs help when a terrorist targets his son. (S2)
3.00 **Stop, Search, Seize**
4.00 **UK Border Force**
5.00 **Nothing to Declare**

9.00 The Good Doctor

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Mind Games:* 3/22. Anthony ignores Erin's orders to drop an assault investigation. (S9)

9 PM

9.00 **The Good Doctor** New episode *Dry Spell:* 12/18. The team look after a woman with Valley fever and a big secret. (S5)

10 PM

10.00 **Law & Order: Organized Crime** New episode *Ashes to Ashes:* 8/22. A deadly bombing rocks the NYPD. (S2)
11.00 **FBI** 15/19. (S2)
12.00 M'T **FBI: Most Wanted** (S2)
1.00 AM **Grey's Anatomy** (S18)
2.00 **Criminal Minds** 1/23. (S10)
3.00 **The Equalizer** 7/18. (S2)
4.00 **Road Wars**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Fish Town**
10.00 **The Sopranos** 5&6/13. (S3)
12.15 PM **Game of Thrones** (S6)
1.20 **Boardwalk Empire** (S3)
3.30 **The Sopranos** 7/13. Junior undergoes surgery for stomach cancer. **4.35** 8/13. Tony's generosity in giving up his time with Dr Melfi pays off. (S3)
5.40 **The Wire** 6/10. Marlo assumes control of the co-op. **6.45** 7/10. Freamon and McNulty stage a call from the killer to Templeton. (S5)

9.00 We Own This City

7.55 **Game of Thrones** *The Broken Man:* 7/10. The High Sparrow eyes another target, Jaime confronts a hero, and Olenna Tyrell plans to leave King's Landing. (S6)

9.00 **We Own This City** New episode *Part Five:* 5/6. Suiter's past closes in on him, while Steele and Davis seek support. (S1)

10.05 **Blocco 181** New episode 3/8. The aftermath of the heist means trouble at the Block. Subtitled. (S1)
■ Entire series on Box Sets
11.10 **Das Boot** 8/10. After a bomb explodes, Forster and Klaus Hoffmann are forced to hide. Subtitled. (S3)
12.15 AM **The Affair** 1-3/10. Triple bill of the drama. (S1)
3.30 **In Treatment** (S1)
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Stargate SG-1** (S1)
8.00 **The Flash** 5/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **Supergirl** 11/23. (S3)
11.00 **NCIS: New Orleans** (S1)
1.00 PM **Hawaii Five-0** (S5)
2.00 **MacGyver** 17/21. (S1)
3.00 **DC's Legends of Tomorrow**
4.00 **The Flash** 6/23. (S3)
5.00 **Supergirl** 11/23. Kara teams up with Saturn Girl, Livewire and Psi on a mission. (S3)
6.00 **Stargate SG-1** 8/22. Daniel falls victim to an alien. (S1)

8.00 The Flash

7.00 **Stargate SG-1** *Brief Candle:* 9/22. The team are unable to help O'Neill when he begins to age rapidly. (S1)

8.00 **The Flash** New episode *Into the Still Force:* 15/18. A mysterious device is discovered at a crime scene. (S8)

9.00 **Strike Back: Silent War** 7/10. Section 20 attempt to stop Pavel and Katrina from arming a notorious terrorist. (S7)

10.00 **S.W.A.T.** *Safe House:* 8/22. The team form an unlikely alliance after an undocumented woman is abducted. (S5)
11.00 **The Flight Attendant** 7/8. Cassie, Shane, Annie and Max look for clues in the string of murders. (S2)
12.00 M'T **The Blacklist** 8/22. (S9)
1.00 AM **Road Wars**
2.00 **The Force: Manchester**
3.00 **Hawaii Five-0** 24/25. (S5)
4.00 **MacGyver** 17/21. (S1)
5.00 **to 6.00** AM **Highway Cops**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **World's Funniest Videos**
6.30 **Love Bites**
7.30 **Dress to Impress**
8.25 **You've Been Framed!**
9.20 **Hart of Dixie** 17/22. (S3)
10.15 **One Tree Hill** 16/22. (S3)
11.10 **The O.C** 10/25. (S3)
12.05 PM **Supermarket Sweep**
1.05 **Alan Carr's Epic Gameshow**
2.05 **Family Fortunes**
3.05 **Hart of Dixie** 18/22. (S3)
4.00 **One Tree Hill** 17/22. (S3)
5.00 **The O.C** 11/25. (S3)
6.00 **Celebrity Catchphrase**

10.00 Olivia Attwood: Getting...

7.00 **Bob's Burgers** 3/22. Tina, Gene and Louise join a club for entrepreneurs. **7.30** 5/22. The kids get involved in a rivalry. (S9)

8.00 **Superstore** 13/22. Jonah tries to help Amy secure a new video game. **8.30** 14/22. Jonah tries to help Mateo. (S3)

9.00 **Love Island** New edition The latest events from the villa as the singles get on with their daily routine of dating and flirting.

10.00 **NEW SERIES Olivia Attwood: Getting Filthy Rich** The reality star explores the world of selling sex online.
11.00 **Family Guy** 3/21. Brian has a political change of heart. (S9) **11.30** 15/20. Stewie builds a DNA-altering machine. (S18)
12.05 AM **American Dad!** (S8)
1.00 **Superstore** (S3)
2.00 **All American** (S2)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Classic Coronation Street**
7.00 **Classic Emmerdale**
8.05 **George and Mildred**
9.15 **A Touch of Frost**
11.35 **The Royal**
12.40 PM **Heartbeat**
1.45 **Classic Emmerdale**
2.50 **Classic Coronation Street**
3.25 **Midsomer Murders** *Orchis Fatalis:* A rare orchid triggers a spate of killings.
5.25 **Downton Abbey** 1/9. Cora's mother makes a grand entrance at Downton. (S3)

8.00 Midsomer Murders

7.00 **Heartbeat** *Wise Guys:* Ventress's determination to protect a widow's home from a gang of louts becomes an obsession.

8.00 **Midsomer Murders** *The Sicilian Defence:* Barnaby searches for a link between two cases when a coma victim wakes up a year after she was attacked and members of a chess club are targeted by a killer. Guest stars Fay Ripley.

10.00 **Blue Murder** *Steady Eddie:* 1/4. A colleague is murdered just metres away from where Janine is standing. (S3)
11.35 **A Touch of Frost** *Unknown Soldiers:* Jack is taken hostage while interviewing a suspect, but somehow manages to talk his way out of trouble. Guest stars Sam Kelly.
1.45 AM **George and Mildred**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **This Farming Life** Hill farmer Joyce Campbell prepares for spring, while spring has come early for new farmers Isla and George
8.00 **Secret Body** Jewellery-maker Joan and Lee, a community DJ, wear bespoke body suits before revealing their brand new bodies to an audience of loved ones.
9.00 **The Nine**
10.00 **NEW Pictures from Iraq** A powerful documentary which follows photographer David Pratt as he captures the complex country of Iraq.
11.00 PM **to 12.00** M'T **David Wilson's Crime Files** 3/10. The links between systemic poverty and extreme anti-social behaviour.

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **The Fresh Prince of Bel Air** 9&10/24. (S6)
9.00 **A.P. Bio** 11&12/13. (S1)
10.00 **Modern Family** (S3)
11.00 **Girls** (S2&3)
12.45 PM **Curb Your Enthusiasm** (S2)
2.30 **The Office (US)** (S4)
3.00 **Will & Grace** (S2)
4.00 **Modern Family** (S3)
5.00 **The Office (US)** (S4)
5.30 **Fresh Prince of Bel Air**
6.30 **Sunnyside** 7/11. (S1)
7.00 **A.P. Bio** (S1&2)
8.00 **Miracle Workers: Dark Ages** 4/10. Chauncley secures an internship. **8.30** 5/10. Extended family discord spirals out of control. (S2)
9.00 **Kidding** 1&2/10. (S1)
10.15 **Looking** 1&2/8. (S1)
11.15 **Breeders** 3&4/10. (S2)
12.15 AM **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.15 **Entourage** 4&5/8. (S1)
2.15 **Curb Your Enthusiasm**
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Discovering**
11.00 **Music Icons: Rockabilly**
11.30 **Video Killed The Radio Star** Dave Stewart.
12.00 NOON **The Prince's Master Crafters: The Next Generation**
1.00 PM **Tales of the...**
2.00 **Chi-chi Nwanoku on Samuel Coleridge-Taylor**
3.00 **Classic Albums**
4.00 **Tales of the Unexpected**
5.00 **Discovering**
6.00 **Portrait Artist 2020**
7.00 **The Art Mysteries** New editions Double bill.
8.00 **Escher: Journey Into Infinity** Documentary.
9.30 **Urban Myths**
10.30 **Cheltenham Literature Festival** New edition
11.30 **Classic Albums**
12.30 AM **We Are the Thousand** Documentary.
2.10 **The Painter and the Thief** Documentary
4.10 **to 6.00** AM **Highlights**

Pick

159 156 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S6)
5.00 **Star Trek: The Next Generation** (S6)
6.00 **Stargate Atlantis** (S4)
7.00 **Hawaii Five-0** (S5)
8.00 **Snapped**
9.00 **FBI** 20/22. (S1)
10.00 **Grimm** 19/23. (S5)
11.00 **World's Most Evil Killers**
12.00 M'T **Britain's Most Evil Killers** Robert Black.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Impractical Jokers**
10.00 **Bob's Burgers** (S11)
11.00 **Friends** (S7&9)
7.25 PM **Friends** 23&24/24. Double bill. The gang visit Barbados. (S9) **8.25** 1/18. Phoebe makes a discovery. (S10)
9.00 **Greatest Ever Movie Blunders** Elis James looks at mistakes in films.
10.00 **Jason Manford: First World Problems**
11.00 **Jeff Dunham: Comedy Central**
11.30 **Zach Galifianakis: Comedy Central Live**
12.00 M'T **Phil Wang at the Comedy Store**
12.30 AM **John Robins at the Comedy Store**
1.00 **The Ricky Gervais Show**
2.00 **South Park**
3.00 **Tom Allen at the Comedy Store**
3.25 **Suzi Ruffell at the Comedy Store**
3.50 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.30 PM **Sam and Billie: The Mummy Diaries**
2.00 **The Only Way Is Essex**
2.45 **NEW SERIES Million Dollar Listing: LA**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Beverly Hills** New edition
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **The Real Housewives of Atlanta** New edition Tensions boil over as the ladies attend Fallyn's chaotic Halloween party.
10.00 **The Real Housewives of Orange County**
11.00 **Botched**
11.55 **The Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

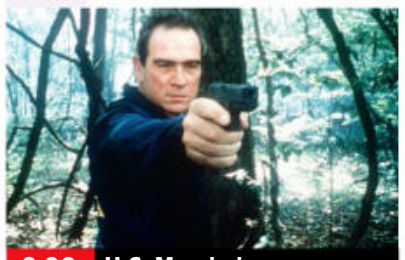
+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Tenable**
7.35 **Dempsey and Makepeace**
8.35 **The Professionals**
9.40 **Minder**
10.50 **Robin of Sherwood**
11.55 **Made in Britain**
1.00 PM **Tour de France Highlights** Stage three.
2.00 LIVE **Tour de France** Coverage of stage four, a hilly 171.5km route from Dunkirk to Calais.
4.50 **Hot Shots**
4.55 **Minder**
6.00 **Made in Britain**



9.00 U.S. Marshals

7.00 **Tour de France Highlights** Action from stage four, featuring a hilly 171.5km route from Dunkirk to Calais.

8.00 NEW **Ned's History of Irish Cycling** Ned Boulting delves into the history of Irish road cycling.

9.00 FILM **U.S. Marshals** Thriller sequel to *The Fugitive*, starring Tommy Lee Jones and Wesley Snipes. A US marshal pursues an escaped prisoner and discovers that he is an ex-CIA agent who has been framed. (1998, 15, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Wrestling: AEW Rampage** Hard-hitting wrestling action.
12.45 AM **Motorsport UK** Richard John Neil presents recent action from Thruxton.
1.40 **Auto Mundial**
2.05 **Motorsport Mundial**
2.30 **to 3.00** AM **The Protectors**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Most Haunted US**
7.00 **Star Trek: Deep Space Nine**
8.00 **Teleshopping**
11.00 **Star Trek: Voyager** (S5)
12.00 NOON **The Outpost** (S4)
1.00 PM **The Librarians** 7/10. (S2)
2.00 **Blood & Treasure** 2/13. (S1)
3.00 **Warehouse 13** 7/20. (S4)
4.00 **The Outpost** 8/13. (S4)
5.00 **Stargate SG-1** 21/22. (S6)
6.00 **Warehouse 13** 7/20. Myka and Pete attempt to put a stop to a new drug that can make people taller. (S4)

10.00 Speed Kills

7.00 **Quantum Leap** *Return of the Evil Leaper:* 16/22. Part one of two. Sam materialises as a college freshman. (S5)

8.00 **Star Trek: Deep Space Nine** *Visionary:* 17/26. An accident transports O'Brien five hours into the future. (S3)

9.00 **Grimm** *The Believer:* 16/23. An evangelical preacher uses his Wesen identity to gain more believers. (S5)

10.00 FILM **Speed Kills** Action adventure starring John Travolta. (2018, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Killjoys** 4/10. The trio try to break out from a maximum security prison. (S5)
1.00 AM **Stargate SG-1** (S6)
2.00 **The Outpost** 8/13. (S4)
3.00 **Star Trek: Deep Space Nine**
4.00 **Star Trek: Voyager** (S5)
5.00 **to 6.00** AM **Blood & Treasure**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries** (S9)
9.00 **The Doctor Blake Mysteries**
10.00 **The Coroner** 7/10. (S2)
11.00 **Rizzoli & Isles** 7/15. (S2)
12.00 NOON **Death in Paradise** (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S8)
4.00 **The Doctor Blake Mysteries**
5.00 **The Coroner** 7/10. Jane investigates the death of a window cleaner. (S2)
6.00 **Major Crimes** 3/10. A fatal car crash occurs outside a nightclub. (S1)

9.00 Miss Scarlet and the Duke

7.00 **Rizzoli & Isles** *Bloodlines:* 7/15. The team look into what appears to be a modern-day witch-hunt in Salem. (S2)

8.00 **Death in Paradise** *Music of Murder:* 7/8. An outing to see Dwayne's favourite band is cut short by the murder of the singer. (S1)

9.00 **Miss Scarlet and the Duke** New episode 4/6. Eliza investigates a case of blackmail and finds herself with a new rival. (S2)

10.00 **Deception** *Divination:* 4/13. When a psychic is murdered, Kay and Cam investigate. (S1)

11.00 **Frankie Drake Mysteries** 7/11. Frankie investigates when a teacher disappears. (S1)
12.00 M'T **The Doctor Blake Mysteries** 3/10. (S5)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.05 AM **Highlights**
9.25 **Only Fools and Horses**
10.05 **Last of the Summer Wine**
11.25 **Desmond's**
12.00 NOON **My Hero**
12.40 PM **The Green Green Grass**
1.20 **The Good Life**
2.00 **Dad's Army**
2.40 **Last of the Summer Wine**
4.00 **Desmond's**
4.35 **Only Fools and Horses**
5.15 **The Green Green Grass**
5.55 **Are You Being Served?**
6.35 **Dad's Army**

9.15 Men Behaving Badly

7.15 **Dad's Army** The platoon defend headquarters against members of the Highland Regiment.

8.00 **The Good Life** The Goods reap their just rewards for their hard work. **8.40** With the garden under control, Tom plans to keep pigs.

9.15 **Men Behaving Badly** Gary and Dorothy go on a weekend break. **9.55** Tony's efforts to make Deborah jealous meet with little success.

10.35 **Not Going Out** Lee wins £1,000 for writing an essay about disability in the workplace.

11.15 **Peep Show** Jeremy decides to tell Elena he loves her. **11.50** Mark discovers Elena's guilty secret.
12.25 AM **Two Doors Down**
1.00 **The Good Life**
2.25 **Men Behaving Badly**
3.25 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Sin City Motors**
8.00 **Border Force: America's...**
9.00 **Storage Hunters UK**
10.00 **Sin City Motors**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Top Gear**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Top Gear** From Italy.
3.00 **Rick Stein's Long Weekends**
4.00 **Top Gear** From Silverstone.
5.00 **Rick Stein's Long Weekends**
6.00 **Taskmaster** Paul Sinha struggles with a basketball.

10.00 Live at the Apollo

7 PM
7.00 **Richard Osman's House of Games** With Ellie Taylor and Josh Widdicombe.
7.40 **Room 101** Frank Skinner asks Ross Noble, Jamelia and Germaine Greer to reveal their pet hates.

8 PM
8.20 With Rebecca Front, John Prescott and Micky Flanagan.

9 PM
9.00 **QI XL** Guests Susan Calman, Joe Lycett and Holly Walsh join regular panellist Alan Davies and host Sandi Toksvig.

10 PM
10.00 **Live at the Apollo** Loyiso Gola introduces stand-up comedy routines from Scott Bennett and Helen Bauer.

11.00 **Hypothetical** With Ross Noble, Lou Sanders, Angela Barnes and Sunil Patel.
12.00 M'T **QI XL** With Cariad Lloyd.
1.00 AM **Question Team** With guests The Delightful Sausage.
2.00 **Room 101** Double bill.
3.10 **to 4.00** AM **Taskmaster**

+1 hour 211 131 74

GREAT! tv

157 189 50 142

6.00 AM **Charlie's Angels**
7.00 **Crazy Like a Fox** (S2)
8.00 **Highway to Heaven**
10.00 FILM **I Me Wed** Romantic comedy starring Erica Durance. (2007, PG, 90min) ★★
1.00 PM **Body of Proof** (S2)
2.00 **Sue Thomas: F.B.Eye**
4.00 **Murder, She Wrote**
6.00 **Hart to Hart** (S1)
7.00 **M*A*S*H** 19/22. A boxer suffers a stroke. **7.30** 20/22. Potter arranges an inter-corps bowling match. **8.00** 21/22. Potter faces a tough challenge. **8.30** 22/22. A goat eats $22,000. (S10)
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **M*A*S*H** (S10)
3.00 **Hart to Hart** (S1)
3.45 **Crazy Like a Fox** (S2)
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me** From Leeds.
11.30 **A Place in the Sun**
1.30 PM **Find It, Fix It, Flog It** A vintage moped.
2.30 **Come Dine with Me**
5.00 **Find It, Fix It, Flog It**
6.00 **A Place in the Sun**
7.00 **Location, Location, Location** From Hitchin.
8.00 **Sarah Beeny's Little House, Big Plans**
9.00 **Sarah Beeny's New Life in the Country**
10.00 **First Dates: Pride Special** One-off edition.
11.05 **24 Hours in Police Custody: The Murder of Rikki Neave**
12.10 AM **Ghislaine Maxwell: Making of a Monster**
1.15 **Taskmaster: Champion of Champions 2022**
2.20 **Gogglebox**
3.25 **Naked Attraction: All Out and Proud**
4.20 **to 4.50** AM **Cook Clever, Waste Less with Prue & Rupy**

5USA

141 141 153 21 129

9.00 AM **NCIS** 1/16. (S18)
9.55 **Entertainment News**
10.00 **NCIS** 2&3/16. (S18)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Yankee White:* 1/23. First episode. A navy officer dies on the president's plane. **7.00** *Hung Out to Dry:* 2/23. A US Marine dies during a training exercise. **8.00** *Seadog:* 3/23. A naval commander's body is washed ashore. (S1)
9.00 **Law & Order: Criminal Intent** *Purgatory:* 11/22. Goren goes undercover to tackle a drug dealer. **10.00** *Contract:* 12/22. A gossip columnist is found murdered. (S7)
11.00 **Law & Order: Special Victims Unit** (S4&22)
2.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Shoplifters & Scammers: At War with the Law**
8.50 **Judge Judy**
12.00 NOON **Filthy House SOS** Documentary.
1.00 PM **Nightmare Tenants, Slum Landlords**
2.00 **Police Interceptors**
5.00 **Shoplifters & Scammers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **999: Critical Condition**
12.00 M'T **Skin A&E**
1.05 AM **Don't Tell the Doctor** Documentary.
2.05 **Bargain-Loving Brits in the Sun**
3.05 **Judge Judy**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **MasterChef Australia** With guest chef Heston Blumenthal.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **Tipping Point: Lucky Stars**
11.00 **The Undateables**
12.00 NOON **Inside the Ambulance: Coast and Country** Double bill.
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **Masterchef Junior USA** New edition
8.00 **Emma Willis: Delivering Babies**
9.00 **Rochelle Humes: Interior Designer in the Making**
10.00 **999 Rescue Squad**
11.00 **One Born Every Minute**
12.00 M'T **Face to Face with Armageddon**
1.00 **to 3.00** AM **Tipping Point**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **To the Manor Born**
7.45 **Bergerac**
8.40 **The Bill**
9.40 **Holby City**
11.00 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Bergerac**
3.20 **A Place to Call Home**
4.20 **All Creatures Great and Small**
5.20 **Birds of a Feather**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Sins of the Fathers:* The duo hunt for a child killer.
10.00 **New Tricks** *Communal Living:* The team investigate the death of a university student.
11.20 **Silent Witness**
1.30 AM **The Heart Guy**
2.35 **A Place to Call Home**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 226 60

RealityXtra

147 197 68 134

9.00 AM **Perry Mason**
11.00 **Matlock** 12/22. (S6)
12.00 NOON **CSI: NY** (S1)
1.00 PM **JAG** 21&22/24. (S6)
3.00 **Perry Mason**
5.00 **Unsolved Mysteries**
6.55 **Judge Judy** Real-life small-claims cases.
9.00 **CSI: NY** *Hush:* 16/23. Mac and Stella question the employees of a dock worker whose crushed lower half is found on Staten Island, while Aiden and Danny investigate an apparent hit-and-run. (S1)
10.00 **Unsolved Mysteries** The story of a haunted burial ground. **11.00** A thief who strikes while his victims are eating dinner.
11.55 **Judge Judy**
2.00 AM **CSI: NY** As 9pm.
3.00 **Evidence of Evil**
4.00 **Donal MacIntyre's Murder Files**
5.00 **to 6.00** AM **Matlock**

Legend

148 192 41 137

8.00 AM **UFO** 21/26. (S1)
9.00 **Space 1999** 2/24. (S2)
10.00 **Farscape** 3/22. (S4)
11.00 FILM **Dragon Wars** Adventure. (2007) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **Hydra** Adventure. (2009, 15, 94min) ★★
2.50 **Legend Lowdown**
3.00 **Mutant X** 3/22. (S2)
4.00 FILM **Collision Earth** Thriller. (2011, 12) ★★
5.50 **Legend Lowdown**
6.00 **Farscape** 4/22. (S4)
7.00 **Space 1999** 5/24. (S2)
8.00 **Star Trek** 22/26. (S2)
9.00 FILM **Wired Shut** Horror thriller. (2021, 15, 95min) ★★
10.55 FILM **Torture Garden** Horror thriller. (1967, 15, 96min) ★★
12.50 AM FILM **Discarnate** Sci-fi horror. (2018, 18, 84min) ★★
2.35 FILM **She Never Died** Thriller. (2019, 15) ★★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge

160 160 48 146

7.00 AM **The Chase**
10.00 **Play Your Cards Right**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Family Fortunes**
3.00 **Play Your Cards Right**
4.00 **Bruce's Price Is Right**
5.00 **Bullseye** Double bill.
6.00 **Family Fortunes**
7.00 **Pointless Celebrities** Richard Park, David Grant, Ben Forster, Danielle Hope, Patti Boulaye, Nina Myskow, Jamie Raven, and Ashleigh and Pudsey take part in a talent-show themed edition.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!

151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Wags Atlanta**
12.00 NOON **News: Daily Pop**
1.00 PM **Keeping Up with the Kardashians**
7.00 **Botched** Terry performs full body work on a pair of co-dependent sisters. **8.00** Three outrageous stories of individuals seeking perfection.
9.00 **Keeping Up with the Kardashians** Kourtney does not appreciate Scott's romantic gestures.
10.00 **Mathis Family Matters**
10.30 **Nightly Pop**
11.00 **Wags Atlanta**
12.00 M'T **Rich Kids of Beverly Hills**
1.00 AM **Revenge Body with Khloe Kardashian**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM **Fish Town**
7.00 **Discovering**
8.00 **The Directors**
8.50 **Hillary**
10.00 **Inside the Freemasons**
11.00 **Veleno: The Town of Lost Children**
12.00 NOON **Regarding Susan Sontag**
2.00 PM **LFG** Documentary.
4.00 **Discovering**
5.00 **The Directors**
5.50 **Hillary**
7.00 **Inside the Freemasons**
8.00 **Veleno: The Town of Lost Children**
9.00 **Scouting For Girls: Fashion's Darkest Secret** Documentary.
10.00 **On the Record**
12.00 M'T **Music Box**
1.30 AM **Endangered**
3.30 **Discovering**
4.30 **PL Legends: Robert Pires**
4.55 **to 6.00** AM **Veleno: The Town of Lost Children**

Sky Nature

124 124 822 280 279 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Dogs with Extraordinary Jobs**
9.00 **Wild Animal Babies**
10.00 **Animal Empires**
11.00 **Great Parks of Africa**
12.00 NOON **Zambia Untamed**
1.00 PM **Monkey Life**
2.00 **Dogs with Extraordinary Jobs**
3.00 **Wild Animal Babies**
4.00 **Animal Empires**
5.00 **Great Parks of Africa**
6.00 **Zambia Untamed**
7.00 **Monkey Life**
8.00 **Shark Squad**
9.00 **Gangs of Baboon Falls**
10.00 **Great Parks of Africa**
11.00 **Zambia Untamed**
12.00 M'T **Wild Year on Earth**
1.00 AM **Reef Wrecks**
2.00 **Shark Squad**
3.00 **Gangs of Baboon Falls**
4.00 **Dogs with Extraordinary Jobs**
5.00 **to 6.00** AM **Wild Animal Babies**

HGTV

158 286 44 166

7.00 AM **Highlights**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Flip or Flop Atlanta**
1.30 **Flip or Flop Nashville**
2.00 **Tough Love**
3.00 **Quick Little Builds**
4.00 **My Mortgage Free Home** From Yorkshire.
5.00 **Homes Under the Hammer** From Kilburn.
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Great Interior Design Challenge**
9.00 **Reno My Rental** New edition
9.30 **Flipping 101**
10.00 **Bargain Block** New edition
11.00 **Flip or Flop Atlanta** New edition
11.30 **Flip or Flop Nashville** New edition
12.00 M'T **Escape to the...**
1.00 **to 4.00** AM **Highlights**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Giada in Italy**
9.00 **The Hairy Bikers...**
10.00 **Forever Summer**
11.00 **Ainsley's Food We Love**
12.00 NOON **Great British...**
1.00 PM **Jamie's 30 Minute Meals** Double bill.
2.00 **Rick Stein's Seafood...**
3.00 **The Hairy Bikers...**
4.00 **Forever Summer**
5.00 **Barefoot Contessa**
6.00 **Rick Stein's Seafood Lovers' Guide**
7.00 **Great British Bake Off**
8.00 **The Hairy Bikers Mediterranean Adventure** Sardinia.
9.00 **Forever Summer**
10.00 **City Bakes**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Nigella Bites**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Aussie Gold Hunters**
8.00 **Alaskan Bush People**
9.00 **Yukon Men**
10.00 **Alaska: Last Frontier**
11.00 **Alaska: Homestead Rescue** Reality series.
12.00 NOON **Extinct or Alive**
1.00 PM **My Cat from Hell**
2.00 **Cake Boss**
4.00 **Yukon Gold**
5.00 **Alaskan Bush People**
6.00 **Aussie Gold Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Life Below Zero** New edition
10.00 **The Last Alaskans**
11.00 **Life Below Zero**
12.00 M'T **Yukon Men**
1.00 AM **Naked and Afraid XL**
2.00 **Kindig Customs**
3.00 **Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM **Winter Road Rescue**
9.35 **Traffic Cops**
10.35 **Trucking Hell**
11.35 FILM **The Unforgiven** Western. (1960, PG, 125min) ★★★
2.05 PM FILM **Support Your Local Gunfighter** Western spoof. (1971, U, 92min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
7.00 **Police Interceptors**
10.00 **Inside the Force: 24/7** PC Simon Berger deals with suspects who have mental health conditions.
11.00 **World's Deadliest Weather: Caught on Camera** Bushfires.
12.05 AM **999: Criminals Caught on Camera**
1.05 **Fights, Camera, Action!**
2.05 **Flights from Hell**
3.05 **Airport 24/7: Thailand**
3.55 **Britain's Bloodiest Dynasty** Documentary.
4.45 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 137 136 348 363

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Police Ten 7**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Road Wars**
12.00 NOON **How I Caught...**
1.00 PM **Forensics: Catching the Killer**
2.00 **Britain's Most Evil Killers**
3.00 **World's Most Evil Killers**
4.00 **An Unexpected Killer**
5.00 **Killer in My Village**
6.00 **World's Most Evil Killers**
7.00 **How I Caught the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **Twisted Killers** New edition
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil...**
1.00 AM **Made for Murder**
2.00 **Killer in My Village**
3.00 **An Unexpected Killer**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** An arrest is finally made 20 years after three sex workers were murdered. **7.30** Police investigate a woman's disappearance.
8.00 **Evidence of Evil** The complex investigation into the murder of Maggie Locascio.
9.00 **Injustice with Nancy Grace** A beloved family man is murdered.
10.00 **Murder She Solved** Examining the case of a man who was bludgeoned to death.
11.00 **Snapped: Killer Couples**
12.00 M'T **Click for Murder**
1.00 AM **Injustice with Nancy Grace**
2.00 **Murder She Solved**
3.00 **Evidence of Evil**
3.50 **Unsolved Mysteries**
5.20 **to 6.00** AM **Judge Judy**

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Cyprus.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Deckchairs.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Ambulance**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **The Hotel Inspector** Alex visits a country house hotel in Devon.
10.00 **Ambulance** A call comes in requesting assistance at a fire in a block of flats.
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze

164 216 64 162

6.00 AM **Hardcore Pawn**
7.55 **Unidentified: Inside America's UFO...**
8.55 **Ancient Aliens**
9.55 **Ancient Aliens: Secret Science**
10.50 **Storage Wars Canada**
11.15 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Unidentified: Inside America's UFO Investigation**
7.00 **Auction Kings**
8.00 **Roswell: First Witness**
9.00 **Egypt's Unexplained Files** Documentary.
10.00 **Secrets in the Ice**
11.00 **Weird or What?**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Wicked Tuna**
2.00 **Auction Kings**
3.00 **The Curse of Oak Island**
3.45 **Counting Cars**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM **Say Yes... UK**
8.00 **Say Yes... Lancashire**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **My Big Fat Fabulous Life**
12.00 NOON **Diners, Drive-Ins and Dives**
1.00 PM **Cake Boss**
2.00 **Sister Wives**
4.00 **Dr Pimple Popper**
5.00 **My Big Fat Fabulous Life**
6.00 **Love After Lock Up**
7.00 **Say Yes... Atlanta**
8.00 **My Lottery Dream Home** Four editions.
10.00 **Life After Lockup** New edition Brittany seeks advice from a retired police officer.
11.00 **Dr Pimple Popper**
12.00 M'T **Love After Lock Up**
1.00 AM **Say Yes... Atlanta**
2.00 **Life After Lockup**
3.00 **Dr Pimple Popper**
4.00 **Say Yes... UK**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **Entertainment News**
9.15 **GPs: Behind Closed Doors** Documentary.
10.15 **The Yorkshire Vet**
12.15 PM **Forged in Fire**
2.00 **GPs: Behind Closed Doors** Triple bill.
5.00 **The Yorkshire Vet**
7.00 **Britain's Greatest Bridges** The story of the Humber Bridge.
8.00 **Walking Britain's Roman Roads** Dan Jones explores Britain's Roman roads.
9.00 **Great Lighthouses: Then and Now** A look at Kish Bank lighthouse.
10.00 **Forged in Fire**
12.00 M'T **The Mystery of Rome's Sunken City**
1.00 AM **Ghosts: Exploring the Myth**
2.00 **Spring Gardening with Carol Klein**
3.00 **GPs: Behind Closed Doors** Documentary.
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.20 **Yorkshire Auction House**
7.10 **Shed and Buried**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Motor Pickers**
12.00 NOON **Wheeler Dealers**
1.00 PM **Antiques Road Trip**
2.00 **Shed and Buried**
3.00 **Yorkshire Auction House**
4.00 **Salvage Hunters**
5.00 **Scrap Kings**
6.00 **Wheeler Dealers**
7.00 **Find It, Fix It, Flog It**
8.00 **Salvage Hunters**
9.00 **Nick Knowles Heritage Rescue** New edition
10.00 **Impossible Builds**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Chasing Classic Cars** Double bill.
2.00 **American Chopper**
3.00 **Combat Dealers**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Atlanta**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Animal Cops Miami**
11.00 **Forensic Detectives**
1.00 PM **The Killer in My Family** Drew Peterson.
2.00 **Disappeared**
3.00 **Murder, Mystery and My Family**
4.00 **Say Yes... Lancashire**
5.00 **Say Yes... Atlanta**
7.00 **Long Lost Family**
8.00 **Dr Pimple Popper: Pop Ups** A man has a lump on his middle finger.
9.00 **1000lb Sisters** New edition
10.00 **The Bad Skin Clinic** New edition
11.00 **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Miami**
5.00 **to 6.00** AM **The Zoo**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
7.00 **Tanked**
8.00 **Building Off the Grid**
9.00 **Alaskan Bush People**
10.00 **Dive Wars Australia**
11.00 **Wheeler Dealers**
12.00 NOON **Outback Truckers**
1.00 PM **Gold Divers**
3.00 **Alaska: Homestead Rescue**
4.00 **Building Off the Grid**
5.00 **Wheeler Dealers** Mike searches for a Chevrolet Stepside pick-up truck.
6.00 **Kindig Customs** A '55 Bel Air cruises in for a chassis swap.

9.00 Gold Rush: Parker's Trail

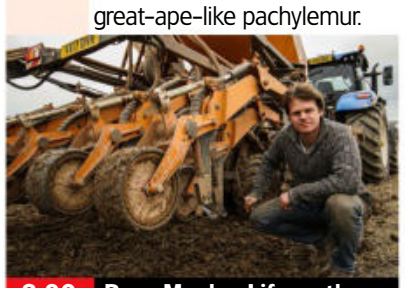
7.00 **Outback Truckers** Tensions flare when trainee trucker Danyelle gets a driving lesson from her husband.
8.00 **Fast N' Loud** Richard teams up with SEMA Battle of the Builders finalist Big Mike to build a 1975 Datsun 280Z.
9.00 **Gold Rush: Parker's Trail** New edition Gold mining prodigy Parker Schnabel's latest adventure takes him to New Zealand.
10.00 **Gold Rush: Dave Turin's Lost Mine** New edition A major rainstorm triggers a landslide that threatens Team Turin's camp.
11.00 **Supertruckers**
12.00 M'T **Expedition Bigfoot**
1.00 AM **Gold Rush: Parker's Trail**
2.00 **Gold Rush: Dave Turin's Lost Mine** As shown at 10.00pm.
3.00 **Deadliest Catch**
4.00 **Gold Rush: Parker's Trail**
5.00 **to 6.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **America's Cutest Pets**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **How Do Animals Do That?** Double bill.
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Extinct or Alive** Forrest Galante searches for the great-ape-like pachylemur.



8.00 Born Mucky: Life on the...

7.00 **Amanda to the Rescue** Amanda helps to find a home for a French bulldog puppy with suspected hydrocephalus.
8.00 **Born Mucky: Life on the Farm** A potent pest threatens crops on Tom's farm, and Ally tries to save his crop from pigeons.
9.00 **Born Mucky: Life on the Farm** Rural crime hits Pete and Ally in Herefordshire as thieves strike before harvest.
10.00 **The Last Alaskans** Bob leaves home to see his daughter and assess the damage of his crashed plane.
11.00 **Expedition Bigfoot** Specialists set out to locate the fabled bigfoot. **12.00** M'T Russell and Mireya uncover potential evidence.
1.00 AM **The Last Alaskans**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Air Crash Investigation**
10.00 **Car S.O.S** Double bill.
12.00 NOON **Lost Treasures of the Maya** Documentary.
1.00 PM **Lost Treasures of Egypt**
2.00 **Nazi Megastructures**
3.00 **Secrets of the Spanish Armada: Drain the Oceans**
4.00 **Wicked Tuna** Dave Marciano races ahead after a run of disappointing seasons.
5.00 **Ice Road Rescue** A rescued driver refuses to pay. **6.00** Thord struggles to rescue a truck blocking a road.

9.00 Vikings: The Rise and Fall

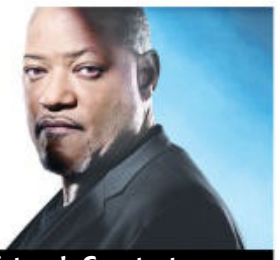
7.00 **Air Crash Investigation** Investigators discover a danger that the industry has known about for years.
8.00 **Bloody Tales of the Tower** Joe Crowley and Suzannah Lipscomb look at the Tower's of London high-profile prisoners.
9.00 **Vikings: The Rise and Fall** New edition The Silk Road opened up a world of trade for the Scandinavians in the East.
10.00 **Atlas of Cursed Places** Writer and producer Sam Sheridan dives to the bottom of the curse of the Bermuda Triangle.
11.00 **Air Crash Investigation**
12.00 M'T **Drugs Inc**
1.00 AM **Narco Wars** Mexico's first-ever drug Cartel.
2.00 **Trafficked with Mariana Van Zeller**
3.00 **Banged Up Abroad**
4.00 **to 5.00** AM **Nazi Megastructures**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Phantom Signals**
8.00 **Counting Cars**
9.00 **American Pickers**
11.00 **The Plane That Led D-Day**
12.00 NOON **Dog the Bounty Hunter: Most Wanted**
1.00 PM **The Curse of Oak Island**
2.00 **Phantom Signals**
3.00 **Counting Cars**
4.00 **Deep Water Salvage**
5.00 **The Nostradamus Effect** A manuscript allegedly written by Nostradamus's son
6.00 **Pawn Stars** Double bill.



9.00 History's Greatest...

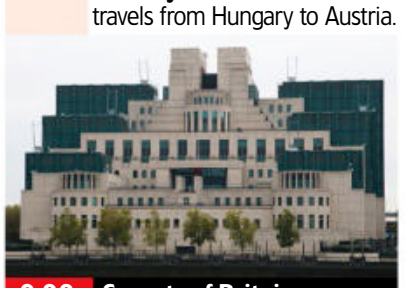
7.00 **Forged in Fire** The finalists are challenged to replicate deadly Indian weapon, the Vajra-Mushti.
8.00 **Clash of the Gods** Experts explore the legend of Odysseus, the Greek king of Ithaca.
9.00 **History's Greatest Mysteries** New edition Gruesome murders by Jack the Ripper that shocked Victorian England.
10.00 **Book of Secrets with Lance Reddick** The potential of another global pandemic.
11.00 **Believers: Extreme Hauntings**
12.00 M'T **Buried: Knights Templar and the Holy Grail**
1.00 AM **Clash of the Gods**
2.00 **Counting Cars**
3.00 **Alien Autopsy: The Search for Answers**
4.00 **Phantom Signals**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Antiques Roadshow**
8.00 **Secret Nazi Bases**
9.00 **World War Weird**
10.00 **Abandoned Engineering**
12.00 NOON **The Architecture the Railways Built**
1.00 PM **Great Continental Railway Journeys**
2.00 **Abandoned Engineering**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** A Nazi anti-gravity device.
6.00 **Great Continental Railway Journeys** Michael Portillo travels from Hungary to Austria.



9.00 Secrets of Britain

7.00 **Abandoned Engineering** A ruined compound on the edge of a peninsula in Colombia that was home to a famous outlaw. **7 PM**
8.00 **Great Continental Railway Journeys** Michael Portillo explores Switzerland, visiting Basel, Zurich and Lake Lucerne. **8 PM**
9.00 **Secrets of Britain** Looking at whether the shadowy world of MI6 bears any resemblance to the James Bond novels. **9 PM**
10.00 **Bangers and Cash** A delightful collection of British classics comes up for auction, including a Hillman Avenger Estate. **10 PM**
11.00 **Abandoned Engineering** Featuring an elaborate underground complex in Italy that had been abandoned for nearly 2,000 years.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 200 75

Disc. History

177 257

6.00 AM **Expedition Unknown**
7.00 **The Alaska Triangle**
8.00 **Unsolved History**
9.00 **Secret Space Escapes**
10.00 **How the Universe Works**
11.00 **The Alaska Triangle**
12.00 NOON **Combat Dealers**
1.00 PM **Expedition Unknown**
2.00 **Greatest Events of World War II**
3.00 **UFOs: The Lost Evidence** Documentary.
4.00 **Mysteries at the...**
5.00 **Unsolved History**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Aliens In Alaska**
10.00 **Aftershock: Disaster in Nepal** Documentary.
11.00 **Ultimate Warfare**
12.00 M'T **Combat Dealers**
2.00 AM **Aftershock...**
3.00 **Ultimate Warfare**
4.00 **UFOs: The Lost...**
5.00 **to 6.00** AM **Mysteries at the Museum**

+1 hour 277 261

Eden

166 245 247

9.00 AM **The Zoo**
10.00 **Natural World Supercharged Otters**
11.00 **Yellowstone**
12.00 NOON **The Life of Mammals** Documentary.
2.00 PM **Wild Arabia**
3.00 **Japan with Sue Perkins**
4.00 **The Ganges with Sue Perkins** Documentary.
5.00 **Yellowstone**
6.00 **The Life of Mammals**
7.00 **The Zoo**
8.00 **Supercharged Otters: Natural World**
9.00 **The Ganges with Sue Perkins** Documentary.
10.00 **The Life of Mammals**
11.00 **Yellowstone**
12.00 M'T **Natural World: Supercharged Otters**
1.00 AM **Yellowstone**
2.00 **The Ganges with Sue...**
3.00 **Wild Arabia**
3.50 **Bahama Blue**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animals Gone Wild**
9.00 **Africa's Deadliest**
12.00 NOON **Snakes in the...**
1.00 PM **A Wild Dog's Tale**
2.00 **Jaguar vs Crocs**
3.00 **The Miracle Cheetah**
4.00 **Monster Fish**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The newest member of the orangutan family arrives. **8.00** New edition A rhino learns the ropes as he grows up at the zoo, and a Marabou Stork fights for its life.
9.00 **The Incredible Dr Pol** New edition Special edition focusing on cats.
10.00 **Adventures of Dr Buckeye Bottoms**
11.00 **Snakes in the City**
12.00 M'T **Animals Gone Wild**
1.00 AM **Monster Fish**
2.00 **Animals Gone Wild**
3.00 **to 5.00** AM **Africa's Deadliest**

Sky History 2

163 163 840 272

8.00 AM **Lost Gold of...**
9.00 **Alien Files: Unsealed**
10.00 **World's Greatest Treasure Mysteries**
11.00 **Ancient Aliens**
1.00 PM **Digging for Britain**
2.00 **Lost Gold of World War II** Documentary.
3.00 **Ancient Aliens**
4.00 **Alien Files: Unsealed**
5.00 **Dangerous Missions**
6.00 **The Lost Evidence**
7.00 **Digging for Britain**
8.00 **Shipwrecks: When History Resurfaces**
9.00 **Eight Days That Made Rome** The death of Emperor Nero.
10.00 **Kill Hitler: The Luck of the Devil** Documentary.
11.00 **Ancient Aliens**
1.00 AM **Digging for Britain**
2.00 **Eight Days That Made Rome** As 9.00pm.
3.00 **Kill Hitler: The Luck...**
4.00 **Shipwrecks: When...**
5.00 **to 6.00** AM **The Lost Evidence**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.35 **Plane Crash Recreated**
9.35 **Hitler's Circle of Evil**
10.45 **Auschwitz: One Day**
11.55 **Battle Honours**
1.00 PM **Mutant Weather**
2.00 **Plane Crash Recreated**
3.05 **Hitler's Circle of Evil**
4.15 **Auschwitz: One Day**
5.20 **Battle Honours**
6.25 **Plane Crash Recreated**
7.35 **Hitler's Circle of Evil** A look at how, after his release from prison, Hitler began surrounding himself with new supporters to make his dream of power a reality.
8.40 **Auschwitz: One Day** The story of a typical day in 1944 in the infamous concentration camp.
9.50 **Battle Honours** Britain's elite airborne forces.
10.55 **Plane Crash Recreated**
12.00 M'T **Hitler's Circle of Evil** As 7.35pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

166 166 839 209

6.00 AM **Homicide Hunter**
8.00 **The First 48**
10.00 **Killer in Plain Sight**
11.00 **Motive to Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Homicide Hunter**
2.00 **Homicide: Hours to Kill**
3.00 **Unusual Suspects**
4.00 **I Lived with a Killer**
5.00 **Robbie Coltrane's Critical Evidence**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **On the Case**
9.00 **Buried in the Backyard** New edition
10.00 **The Real Murders of Atlanta** New edition
11.00 **Homicide Hunter**
12.00 M'T **Meet, Marry, Murder**
1.00 AM **Buried in the...**
2.00 **The Real Murders of...**
3.00 **Unusual Suspects**
4.00 **On the Case**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

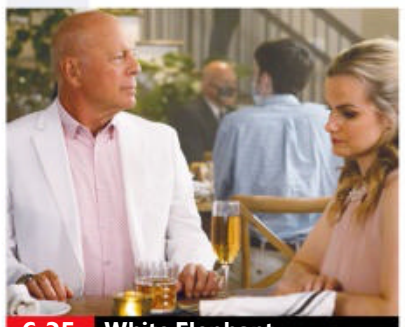
TUESDAY Films

Tuesday

Sky Cinema Premiere

301 301 848 401 501 515

6.05 AM **White Elephant** (2022)
7.40 **The Survivor** As 4.10pm.
9.55 **Sundown** As 3.50am.
11.35 **King Richard** As 8.00pm.
2.10 PM **The Electrical Life of Louis Wain** Biographical drama. (2021, 12, 111min) ★★★★
4.10 **The Survivor** Fact-based drama starring Ben Foster. (2021, 15, 129min) ★★★★
6.25 **White Elephant** Action thriller starring Bruce Willis. (2022, 15, 100min) ★★


6.25 White Elephant

8 PM

8.00 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith, Jon Bernthal, Aunjanue Ellis, Saniyya Sidney and Demi Singleton. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.30 **Zola** Crime comedy drama with Taylour Paige and Riley Keough. (2020, 18, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.10 AM **Last Night in Soho** Mystery drama starring Thomasin McKenzie. (2021, 18, 116min) ★★★★
2.15 **Zola** As shown at 10.30pm.
3.50 **Sundown** Drama starring Tim Roth. (2021, 15) ★★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.00 AM **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
8.05 **The Hurricane Heist** Action thriller. (2018, 12, 103min) ★
9.50 **Centurion** (2009, 15) ★★★
11.30 **The Mexican** (2001, 15) ★★
1.35 PM **Hulk** Sci-fi action fantasy. (2003, 12, 138min) ★★★
3.55 **Escape Room: Tournament of Champions** Horror sequel. (2021, 15, 88min) ★★
5.35 **Transformers** Sci-fi adventure. (2007, 12, 143min) ★★★★

10.00 Don't Breathe 2

8.00 **Monster Hunter** Fantasy adventure starring Milla Jovovich, Tony Jaa and Ron Perlman. Cpt Artemis and her soldiers are transported to a new world, and engage in a battle for survival against enormous enemies. (2020, 12, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Don't Breathe 2** Horror sequel starring Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Locked Down** Romantic comedy thriller with Chiwetel Ejiofor and Anne Hathaway. (2021, 15, 118min) ★★
1.55 AM **We Broke Up** Comedy drama starring William Jackson Harper and Aya Cash. (2021, 15, 80min) ★★★
3.25 **Cosmic Sin** Sci-fi thriller with Frank Grillo and Bruce Willis. (2020, 15, 88min) ★★
5.05 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

7.00 AM **Joey & Ella: Kangaroo Tail**
8.35 **Thunderpants** As 3.25pm.
10.10 **Come Away** Fantasy drama. (2020, PG, 94min) ★★★
11.50 **Space Jam: A New Legacy**
1.50 PM **Scooby-Doo 2...**
3.25 **Thunderpants** Comedy. (2002, PG, 87min) ★★★
5.00 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
7.10 **Space Jam: A New Legacy** Partly-animated adventure. (2021, U, 115min) ★★★

7.10 Space Jam: A New Legacy

Space Jam: A New Legacy (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Lassie** Family adventure with Peter O'Toole and Samantha Morton. (2005, PG, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Joey & Ella: A Kangaroo Tail** Adventure starring Ashton Leigh and Jennifer Michele. (2021, U, 89min) ★★
2.35 **C.I.Ape** Family comedy with Sophia Alongi and Madelyn Kientz. (2021, PG, 82min) ★
4.10 **to 6.00** AM **Lassie** (2005)

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **The Battle of Jangsari**
8.00 **The Rifleman** War drama. (2019, 15, 104min) ★★★
10.00 **Narco Soldiers** As 1.50am.
11.50 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
1.50 PM **The Bourne Supremacy** Spy thriller. (2004, 12) ★★★★
3.50 **The Bourne Ultimatum** Spy thriller starring Matt Damon. (2007, 12, 115min) ★★★★
5.50 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★

5.50 The Sum of All Fears

8.00 **Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Lucy** Sci-fi thriller starring Scarlett Johansson and Morgan Freeman. (2014, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **School's Out Forever** Horror comedy starring Oscar Kennedy and Anthony Head. (2020, 15, 105min) ★★★
1.35 AM **The Cinema List: Bourne**
1.50 **Narco Soldiers** Crime thriller starring Rafael Amaya. (2020, 15, 94min) ★★★
3.45 **The Battle of Jangsari** War drama starring Megan Fox. (2019, 15, 104min) ★★
5.45 **to 6.00** AM **The Cinema List: Unlikely Heroes**

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Me You Madness** (2021)
8.25 **Long Story Short** Comedy. (2021, 15, 90min) ★★★
10.15 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
12.20 PM **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
2.20 **Black Sheep** (1996, 12) ★★
3.55 **Around the World in 80 Days** Comedy adventure. (2004, PG, 120min) ★★★
6.00 **Madea's Witness Protection** Comedy. (2012, 12) ★★★

6.00 Madea's Witness...

8.00 **Leap of Faith** Satirical comedy drama starring Steve Martin as a fast-talking evangelical con-man roaming America with his travelling roadshow. With Debra Winger, Liam Neeson and Lukas Haas. (1992, PG, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Barb & Star Go to Vista Del Mar** Comedy starring Kristen Wiig. (2021, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Me You Madness** Comedy directed by and starring Louise Linton. (2021, 15, 98min) ★
1.35 AM **Deep Murder** Horror comedy starring Quinn Beswick. (2019, 18, 85min) ★
3.05 **Paul Dood's Deadly Lunch Break** Comedy thriller starring Tom Meeten and Kevin Bishop. (2021, 15, 95min) ★★
4.50 **to 6.50** AM **Sex Drive** Teen comedy with Josh Zuckerman. (2008, 15, 104min) ★

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **Watership Down** (1978)
7.40 **Philadelphia** Melodrama. (1993, 12, 122min) ★★★
10.00 **Crouching Tiger, Hidden Dragon** Ang Lee's adventure. (2000, 12, 120min) ★★★★★
12.10 PM **Barbarella** Sci-fi fantasy. (1967, 15, 98min) ★★★
2.00 **Fury** As shown at 10.00pm.
4.20 **Hondo** Western starring John Wayne. (1953, PG, 84min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **The Little Dragon** (2019)
7.40 **Dragon Rider** As 1.50pm.
9.15 **Minions** Animated comedy. (2015, U, 91min) ★★★★
10.50 **Extinct** As 12.55am.
12.20 PM **The Little Dragon** Animated fantasy adventure. (2019, U, 87min) ★★
1.50 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
3.30 **The Wild Thornberrys Movie**

TCM Movies

315 415 416

6.00 AM **Hollywood's Best Directors**
6.35 **Sugarfoot** 9/20. (S2)
7.40 **Maverick** 4/32. (S4)
8.50 **Operation Daybreak** War drama. (1975, 15, 104min) ★★★
11.15 **Sugarfoot** 10/20. (S2)
12.20 PM **Maverick** 5/32. (S4)
1.30 **The Gun That Won The West** Western. (1955, U, 71min) ★★
3.00 **The Searchers** Classic Western. (1956, U, 114min) ★★★★★

Talking Pictures

328 445 82 306

6.00 AM **Springtime in the Sierras** Musical. (1947, PG, 75min) ★★
7.35 **Master Spy** Espionage thriller. (1962, b/w, U, 68min) ★★
9.00 **Stagecoach West** (S1)
10.00 **Bachelor of Hearts** Romantic comedy. (1958, U, 100min) ★★
11.50 **Charade** Romantic comedy thriller starring Cary Grant. (1963, PG, 114min) ★★★★★
2.10 PM **Gaslight Follies**

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

primetime

6.00 **Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford and Karen Allen. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure starring Harrison Ford. Indiana Jones escapes a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★★
10.00 **Fury** World War Two drama with Brad Pitt and Shia LaBeouf. (2014, 15, 131min) ★★★

12.25 AM **Manhunter** Thriller. (1986, 18, 118min) ★★★★
2.30 **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★
4.50 **to 6.35** AM **Watership Down** Animated version of Richard Adams' bestselling novel. (1978, U, 92min) ★★★★

5.00 **Shrek** Animated comedy adventure with the voices of Mike Myers and Eddie Murphy. (2001, U, 90min) ★★★★★
6.35 **Shrek 2** Animated comedy sequel with the voices of Mike Myers and Eddie Murphy. (2004, U, 93min) ★★★★★
8.10 **Early Man** Animation with the voice of Eddie Redmayne. (2018, PG, 87min) ★★★★
9.50 **The Wild Thornberrys Movie** Animated adventure spin-off. (2002, U, 85min) ★★★★

11.25 **Valiant** Animated comedy with the voice of Ewan McGregor. (2005, U, 76min) ★★★
12.55 AM **Extinct** Animated adventure featuring the voice of Adam Devine. (2021, U, 84min) ★★★
2.35 **Shrek** As shown at 5.00pm.
4.15 **to 6.00** AM **Shrek 2** As 6.35pm.

5.35 **Hitler: The Last Ten Days** Fact-based World War Two drama. (1973, 12, 108min) ★★
7.45 **Death Valley Rangers** Western starring Ken Maynard. (1943, b/w, U, 59min) ★★
9.00 **The Lost Boys** Vampire tale starring Jason Patric and Corey Haim. Two teenagers discover vampire bikers in a Californian town. (1987, 15, 98min) ★★★★
11.00 **Man of Steel** Fantasy adventure starring Henry Cavill and Amy Adams. (2013, 12, 143min) ★★★

1.55 AM **A Nightmare on Elm Street** Horror starring Robert Englund. (1984, 18, 91min) ★★★
3.30 **Close Up** Triple bill.
5.00 **Hollywood's Best Directors**
5.30 **to 6.05** AM **Off Set**

+1 hour 316 417

3.45 **The Strange Love of Martha Ivers** Romantic melodrama. (1946, b/w, PG, 117min) ★★★★
6.00 **Dial 999** (S1)
6.30 **Assassin for Hire** Suspense thriller. (1951, PG, 67min) ★★
7.50 **Look at Life** Documentary.
8.00 **Maigret** 6/13. (S2)
9.05 **Van der Valk** 6/12. (S3)
10.05 **Public Eye** 11/13. (S5)
11.05 **The Outer Limits** (S1)
12.00 M'T **Cellar Club with Caroline...**
12.05 AM **The Abominable Dr Phibes** Comedy. (1971, 15) ★★★★

2.00 **Cellar Club with Caroline Munro**
2.05 **The Man Who Cheated Himself** Crime drama. (1950, b/w, PG, 81min) ★★
3.45 **Cellar Club with Caroline Munro**
3.50 **Jail Bait** (1954, b/w, PG) ★★
5.20 **Cellar Club with Caroline Munro**
5.25 **to 6.00** AM **Scales of Justice**

5.00 PM **Guardians of the Tomb** Adventure. (2018, 12, 90min) ★
6.50 **This is HorrorXtra**
7.00 **Battlestar Galactica** *Lost Planet of the Gods – Part One:* 4/24. The *Galactica* enters a void in space. (S1)
8.00 **Mutant X** *Fool for Love:* 4/22. A scientist develops a serum to reverse mutations. (S1)
9.00 **It Came from the Desert** Comedy horror starring Harry Lister Smith and Alex Mills. (2017, 15, 90min) ★★

10.50 **Pet** Horror thriller starring Dominic Monaghan and Ksenia Solo. (2016, 18, 94min) ★★★
12.40 AM **This is HorrorXtra**
12.50 **Battlestar Galactica**
1.55 **to 3.00** AM **Mutant X**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 853 409 509 523

6.00 AM **Infamous** As 4.15am.
7.50 **Death in Texas** Crime drama. (2020, 15, 101min) ★★
9.40 **No Man's Land** As 2.10am.
11.40 **Patriot Games** Action thriller. (1992, 15, 116min) ★★
1.40 PM **Revolver** Crime thriller. (2005, 15, 115min) ★
3.40 **Clear and Present Danger** Thriller. (1994, 12) ★★★
6.05 **Side Effects** Psychological thriller starring Rooney Mara. (2013, 15, 106min) ★★★★

6.05 Side Effects

8.00 **The Dry** Crime drama starring Eric Bana and Genevieve O'Reilly. A federal agent returns to his drought-stricken home town to attend a funeral, but his arrival opens up a decades-old wound. (2020, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **John Wick** Action thriller starring Keanu Reeves. (2014, 15, 101min) ★★★★
2.10 **No Man's Land** Action adventure starring Jake Allyn. (2020, 12, 114min) ★★★
4.15 **to 6.00** AM **Infamous** Crime drama starring Bella Thorne. (2020, 15, 100min) ★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Black Snake Moan**
8.00 **The Pursuit of Happyness**
10.00 **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
12.00 NOON **Judas and the Black Messiah** (2021, 15) ★★★★
2.15 PM **Chocolat** Comedy fantasy. (2000, 12, 120min) ★★★★
4.30 **Good Will Hunting** Drama. (1997, 15, 126min) ★★★★
6.45 **Gridiron Gang** Sports drama. (2006, 12, 125min) ★★

9.00 The Cider House Rules

Gridiron Gang (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

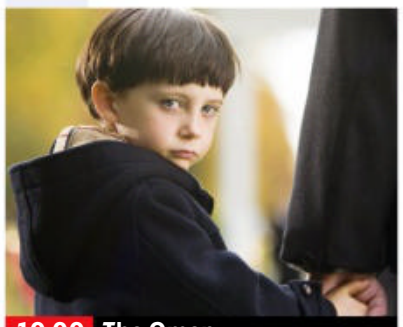
9.00 **The Cider House Rules** Coming-of-age drama based on the novel by John Irving, starring Tobey Maguire. In 1940s Maine, an orphan discovers first love – and some of the harsher realities of adult life. (1999, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Black Snake Moan** Deep South melodrama starring Samuel L Jackson, Christina Ricci and Justin Timberlake. (2006, 15, 115min) ★★★
1.15 AM **Mandela: Long Walk to Freedom** Biopic starring Idris Elba. (2013, 12, 147min) ★★★
3.50 **to 6.00** AM **The Pursuit of Happyness** Rags-to-riches drama based on a true story, starring Will Smith. (2006, 12, 117min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.00 AM **The Shed** As 3.10am.
7.50 **Rent-a-Pal** As 4.55am.
9.40 **Alone** As shown at 1.25am.
11.30 **Skyline** Sci-fi action thriller. (2010, 15, 92min) ★★★
1.20 PM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
3.20 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
6.10 **Dual** Sci-fi thriller starring Karen Gillan and Aaron Paul. (2022, 15, 94min) ★★★★


10.00 The Omen

8.00 **Total Recall** Sci-fi thriller remake starring Colin Farrell, Jessica Biel and Kate Beckinsale. In a post-apocalyptic future Earth, a worker unlocks memories of his secret past as a super-spy. (2012, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

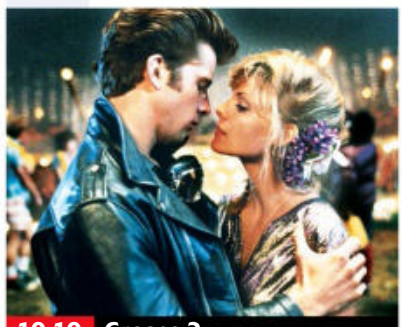
10.00 **The Omen** Occult horror remake starring Liev Schreiber and Julia Stiles. (2006, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Evil Dead** Horror comedy starring Bruce Campbell. (1982, 18, 85min) ★★★★
1.25 AM **Alone** Horror with Jules Willcox and Marc Menchaca. (2020, 15, 98min) ★★★★
3.10 **The Shed** Horror starring Jay Jay Warren and Frank Whaley. (2019, 15, 98min) ★★
4.55 **to 6.50** AM **Rent-a-Pal** Horror starring Brian Landis Folkins and Wil Wheaton. (2020, 15, 108min) ★★★

Sky Cinema Music

302 302 856 402 502 516

6.00 AM **Let's Dance** As 2.45am.
8.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
10.00 **Chicago** Musical drama. (2002, 12, 112min) ★★★★
12.00 NOON **Nashville** As 12.05am.
2.40 PM **Dirty Dancing 2: Havana Nights** Romance sequel. (2004, PG, 86min) ★★★
4.10 **Staying Alive** Dance drama sequel. (1983, PG, 96min) ★
6.00 **School of Rock** Comedy. (2003, PG, 109min) ★★★


10.10 Grease 2

8.00 **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy, Jennifer Hudson and Danny Glover. (2006, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Grease 2** Musical sequel starring Maxwell Caulfield and Michelle Pfeiffer. A new student joins a high school and falls in love with the most beautiful member of The Pink Ladies gang. (1982, PG, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nashville** Epic drama. (1975, 15, 161min) ★★★★★
2.45 **Let's Dance** Vintage musical. (1950, U, 112min) ★★
4.40 **to 6.40** AM **A Christmas Number One** Festive comedy. (2021, 12, 111min) ★★

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **The Weaker Sex** Drama. (1948, b/w, U, 84min) ★★
12.45 PM **Bugles in the Afternoon** Western. (1952, U, 85min) ★★
2.25 **Lonely Are the Brave** Western. (1962, b/w, PG, 107min) ★★★
4.35 **Death Drums Along the River** African adventure. (1963, PG, 80min) ★★
6.15 **The Martian** Ridley Scott's sci-fi drama with Matt Damon. (2015, 12, 141min) ★★★★

9.00 Stage Mother

The Martian (film started at 6.15pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE Stage Mother** Comedy drama starring Jacki Weaver. A church choir director discovers she is heir to her son's ailing drag club. With Adrian Grenier. (2020, 15, 93min) ★★ **9 PM**
See review, page 26.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **War of the Worlds** Steven Spielberg's sci-fi adventure thriller starring Tom Cruise and Dakota Fanning. (2005, 12, 116min) ★★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 **to 3.05** AM **The Other Side of the Door** Horror thriller starring Sarah Wayne Callies. (2016, 15, 94min) ★★★ **11 PM**

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **A Likely Story** Comedy. (1947, U, 80min) ★★
7.45 **Nocturne** Detective thriller. (1946, b/w, PG, 88min) ★★★
9.30 **The President's Mistress** Thriller. (1978, PG, 83min) ★
11.30 **Roadblock** Film noir thriller. (1951, b/w, PG, 73min) ★★
1.00 PM **Walk Softly, Stranger** Romantic crime drama. (1950, b/w, PG, 81min) ★★
2.40 **To Sir, with Love** Drama. (1966, PG, 105min) ★★
4.50 **The White Tower** Adventure. (1950, U, 98min) ★★
6.45 **Our Man in Havana** Spy drama starring Alex Guinness. (1959, b/w, PG, 112min) ★★★★★
9.00 **Ivanhoe** Romantic adventure based on the novel by Sir Walter Scott, starring Anthony Andrews, James Mason and Olivia Hussey. (1981, PG, 136min) ★★★
11.45 **Crack Up** Psychological thriller. (1946, b/w, PG, 93min) ★★★
1.35 AM **Rachel and the Stranger** Western. (1948, b/w, PG) ★★★
3.25 **Tomorrow We Live** War drama. (1942, b/w, U, 87min) ★★
4.50 **to 6.00** AM **The Traitors** Spy drama. (1962, b/w, PG) ★★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Fatal Reunion** Thriller. (2005, 12, 96min) ★★
11.00 **The Nurse** Drama starring Willa Ford. (2014, PG, 89min) ★★
1.00 PM **A Date With Murder** Crime thriller. (2008, 12, 90min) ★★
2.40 **Manny Dearest** Thriller. (2017, PG, 85min) ★★
4.20 **I Spy** Espionage comedy with Eddie Murphy and Owen Wilson. (2002, 12, 96min) ★★★
6.15 **First Knight** Nythical drama starring Sean Connery, Richard Gere and Julia Ormond. Lady Guinevere finds her emotions torn between King Arthur and wandering knight Lancelot. (1995, PG, 134min) ★★
9.00 **Cold Creek Manor** Thriller starring Dennis Quaid and Sharon Stone. A family discover that their new home in the country harbours a dark secret. With Stephen Dorff. (2003, 15, 119min) ★★
11.20 **Drive** Film-noir thriller. (2011, 18, 100min) ★★★★★
1.25 AM **Butterfly on a Wheel** Thriller. (2007, 15, 95min) ★
3.20 **to 6.00** AM **Queen of the Desert** Biopic. (2015, PG) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Wings at War**
7.05 **Till the End of Time** Drama. (1946, b/w, PG, 105min) ★★★
9.15 **Geo-Disaster** Sci-fi drama. (2017, 12, 105min) ★
11.00 **Starsky & Hutch** 3&4/22. (S1)
1.00 PM **Monte Walsh** Western. (1970, PG, 95min) ★★★
3.30 **Fort Massacre** Western starring Joel McCrea and Forrest Tucker. (1958, U, 81min) ★★
5.15 **The Rats of Tobruk** War drama. (1944, b/w, PG, 68min) ★★
7.20 **Earthtastrophe** Sci-fi thriller starring Paige Lauren Billiot. (2016, PG, 82min) ★★
9.00 **Diamond Dogs** Adventure starring Dolph Lundgren and Yu Nan. An ex-soldier leads an expedition in search of a rare Buddhist artifact into the mountains of Mongolia where Russian mercenaries and a centuries-old curse lie in wait. (2007, 15, 94min) ★★
10.55 **How I Spent My Summer Vacation** Darkly comic crime thriller starring Mel Gibson. (2012, 15, 92min) ★★★★
1.00 AM **Starsky & Hutch** (S1)
3.00 **to 4.00** AM **War in the Atlantic**

+1 hour 324

Movies 24

325 419

7.00 AM **A Timeless Christmas**
9.00 **Project Christmas Wish**
11.00 **Christmas By Starlight** As 11pm.
1.00 PM **Sugar Plum Twist** As 1am.
3.00 **Merry & Bright** Romantic drama starring Jodie Sweetin. (2019, U, 84min) ★★
5.00 **A Christmas Bride** Romantic comedy starring Rachael Leigh Cook and Benjamin Ayres. (2019, PG, 90min) ★★
7.00 **A Timeless Christmas** Romantic drama starring Erin Cahill. A man travels from 1903 to 2020 where he experiences a 21st-century Christmas. (2020, PG, 89min) ★★
9.00 **Project Christmas Wish** Romantic drama starring Amanda Schull and Averie Peters. A woman who has played Santa to her small town's community unexpectedly finds her own wishes coming true. (2020, PG, 85min) ★★
11.00 **Christmas By Starlight** Romantic festive drama. (2020, PG, 89min) ★★
1.00 AM **Sugar Plum Twist** Festive drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **Merry & Bright**

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **Hanna** *Sky Showcase* Action thriller starring Saoirse Ronan, Eric Bana and Cate Blanchett. A 16-year-old girl, trained by her father to be the perfect assassin, embarks on a dangerous globe-hopping quest. With Tom Hollander. ★★★★
9.00 **U.S. Marshals** *ITV4* Thriller sequel to *The Fugitive*, starring Tommy Lee Jones and Wesley Snipes. When prisoner Mark Roberts escapes after the crash of a convict plane, US marshal Sam Gerard doggedly pursues him with his team. As the chase develops, however, Gerard discovers that Roberts is actually ex-CIA agent Mark Sheridan and comes to believe that he may have been framed. ★★★
10.00 **Speed Kills** *Syfy* Action adventure starring John Travolta, Katheryn Winnick, Jennifer Esposito and Matthew Modine. A multi-millionaire speedboat racing champion leads a double life that lands him in trouble with the police and drug lords. With Jordi Molla and Matthew Modine. ★★

Tuesday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
7.00 **Good Morning Sports Fans** Including news and views on today's early stories and a look at the back pages.
9.30 **Test Cricket Bitesize** England v India: Brief highlights of the fourth day's play of the fifth and final Test at Edgbaston.
9.45 LIVE **Test Cricket England v India.** Coverage of day five of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
6.30 PM **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
8.00 **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
9.00 **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
10.00 **Sky Sports News** Round-up of the sports news, with live analysis, comment and interviews.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Gianfranco Zola**
7.30 **PL Legends: Gary Neville**
8.00 **Best PL Goals: Man City v Liverpool** Memorable strikes.
8.30 **Best PL Goals: Chelsea v Arsenal** Memorable strikes.
9.00 **Premier League 100 Club**
10.00 **PL Retro** Manchester United v Manchester City from 2009/10.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 02/03**
5.00 **Premier League 100 Club**
6.00 **PL Legends: Robbie Fowler**
6.30 **PL Legends: Ian Wright**
7.00 **Premier League**
9.00 **Gary Neville's Soccerbox**
10.00 **Premier League Icons**
10.30 **PL Retro** Newcastle v Manchester United from 1996/97.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 04/05**
5.00 **Best PL Goals: Man Utd v Everton** Memorable strikes.
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **Highlights**
9.30 **Bundesliga Special: Erling Haaland: A Phenomenon**
10.00 **Bundesliga Special: It's All About Der Klassiker**
10.30 **Bundesliga Special: World at Their Feet**
11.00 **Bundesliga**
12.30 PM **Bundesliga Special: Champions**
1.00 **Bundesliga**
2.00 **EFL Play-off Final League 2** Exeter City v Northampton Town from 2019/20.
3.00 **EFL Play-off Final League 1** Oxford United v Wycombe Wanderers from 2019/20.
4.00 **EFL C'Ship Play-off Semi-final 1st Leg** Swansea City v Brentford.
4.15 **EFL Highlights**
4.30 **EFL C'Ship Play-Off Semi-final Highlights**
4.45 **EFL Highlights**
5.00 **EFL Play-off Final C'Ship 19/20**
6.00 **Best Goals: Carabao Cup 19/20**
6.30 **EFL Cup Highlights**
10.30 **MLS Round-Up Show**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Trophy Semi-final Hlts**
1.00 AM **EFL Trophy Football**
4.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Vitality T20 Blast Cricket**
6.30 **Best of T20 Blast Finals Day**
6.45 **Test Cricket Bitesize**
7.00 **Test Cricket**
8.00 **The Fletcher Years**
8.30 **Test Cricket**
9.30 **Test Cricket Bitesize**
9.45 LIVE **Test Cricket England v India.** Coverage of day five of the rearranged fifth and final Test in the series, taking place at Edgbaston, Birmingham.
6.30 PM **Voices of Summer** A look at the commentary contributions of Michael Holding and David Lloyd.
7.00 **Talking Cricket**
8.00 **Test Cricket** England v India: Highlights of day five of the rearranged fifth and final Test in the series, which takes place at Edgbaston, Birmingham.
9.00 **Test Cricket Bitesize**
9.15 **Dinesh Karthik Meets**
10.00 **Test Cricket** England v India.
11.00 **Test Cricket Bitesize**
11.15 **Dinesh Karthik Meets**
12.00 M'T **Test Cricket**
1.00 AM **Vitality T20 Blast Cricket**
4.30 **T20 Blast 2018**
5.00 **o 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Best of the Open Zone 2017** From Royal Birkdale.
7.00 **British Masters Masterclass**
8.00 **Golf** Action from the opening day of the JP McManus Pro-Am.
1.30 PM **Nick Dougherty's Tee Time Tips** Expert advice.
2.00 LIVE **Golf** The second day's play of the JP McManus Pro Am, taking place at the Adare Manor Golf Club in Limerick, Ireland.
7.30 **The Open Roadtrip**
8.00 **PGA EuroPro Tour Golf** Action from the Bendac Championship.
10.00 **Ladies European Tour Golf** A look back highlights from the Amundi German Masters.
11.00 **Golf** Action from this year's R&A Women's Amateur Championship.
12.00 M'T **DP World Tour Golf** Action from the fourth and final day's play of the Irish Open.
1.00 AM **PGA Tour Golf** Highlights of the John Deere Classic.
2.00 **Ladies European Tour Golf** Highlights from the Amundi German Masters.
3.00 **British Masters Masterclass**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Best of the Open Zone 2017**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **Fishing: On the Bank**
7.00 **WWE NXT UK**
8.00 **FIH Hockey Women's World Cup**
12.00 NOON **FIH Hockey Women's World Cup** Spain v Argentina.
1.00 PM LIVE **FIH Hockey Women's World Cup Ireland v Chile.** Push-back **1.00pm**.
3.00 **The Volleyball Show**
3.30 LIVE **FIH Hockey Women's World Cup India v China.** Push-back **3.30pm**.
5.30 **Motorsport: DTM**
6.30 LIVE **FIH Hockey Women's World Cup New Zealand v England.** Coverage of the Pool B match. Push-back **6.30pm**.
8.30 LIVE **FIH Hockey Women's World Cup Belgium v Australia.** Push-back **8.30pm**.
10.30 **Formula Regional European Championship**. The fifth round.
11.00 **UFC: The Ultimate Fighter**
12.00 M'T **WWE NXT Highlights**
1.00 AM LIVE **WWE NXT** The latest wrestling action from America.
3.15 **The Volleyball Show**
3.45 **Immortals**
4.00 **to 6.00** AM **World Seniors Darts Matchplay**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **Badminton**
8.00 **BT Sport Fight Night**
10.00 **ESPN FC** Football news.
10.30 **What I Wore**
11.00 **BT Sport Goals Reload**
12.00 NOON **World Seniors Darts Matchplay** Recent highlights.
2.00 PM **WSL Presents**
3.00 **WSL Championship Tour**
5.00 LIVE **FIH Hockey Women's World Cup Japan v South Africa.** Coverage of the Pool D match from Estadi Olimpic de Terrassa. Push-back **5.00pm**.
7.00 **T20 Cricket Highlights** Action from the first T20 International between West Indies and Bangladesh.
8.00 **T20 Cricket Highlights** Action from the second T20 International between West Indies and Bangladesh.
9.00 LIVE **MLB Seattle Mariners v San Diego Padres.** Coverage of the inter-league match from Petco Park. Start-time **9.10pm**.
12.30 AM **FIM Sidecar World Championship Highlights**
1.30 **FIM Enduro World Championship**
2.00 **FIM JuniorGP Championship**
5.45 **to 6.00** AM **MotoGP Rewind**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1 Highlights**
10.00 **T20 Cricket Highlights**
12.00 NOON **UEFA Europa League** Action from Dinamo Zagreb v West Ham United.
12.30 PM Action from West Ham United v Rapid Vienna.
1.00 West Ham United v Genk.
1.30 Genk v West Ham United.
2.00 A look back the action from Rapid Vienna v West Ham United.
2.30 Action from West Ham United v Dinamo Zagreb.
3.00 A look back the action from Sevilla v West Ham United.
3.30 West Ham United v Sevilla.
4.00 West Ham United v Lyon.
4.30 Lyon v West Ham United.
5.00 Action from West Ham United v Eintracht Frankfurt.
6.00 Action from Eintracht Frankfurt v West Ham United.
7.00 A replay of Eintracht Frankfurt v Rangers in the final.
8.30 **What I Wore**
9.00 **WWE Monday Night Raw**
11.30 **WSL Presents**
12.30 AM **WSL Championship Tour**
2.30 **UFC: The Ultimate Fighter**
3.30 **Gearing Up**
4.00 **to 6.00** AM **Badminton**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL: America's Game**
7.00 **NFL Highlights**
8.00 **World Cup of Darts**
12.00 NOON **International Rugby Union** New Zealand v Ireland.
2.45 PM **NFL Bitesize Highlights** Highlights from Tennessee Titans v Cincinnati Bengals.
3.00 Action from Green Bay Packers v San Francisco 49ers.
3.15 Action from Tampa Bay Buccaneers v Los Angeles Rams.
3.30 Highlights from Kansas City Chiefs v Buffalo Bills.
3.45 **WNBA** Connecticut Sun v Washington Mystics.
5.30 **International Rugby Union** Action from Argentina v Scotland.
8.30 **Top Rank Boxing Archive** A replay of George Foreman v Gerry Cooney from 1990.
9.00 **Fight Night International** Jamel Herring v Shakur Stevenson.
10.00 **Fight Night International** Oscar Valdez v Shakur Stevenson.
11.00 **NFL Hard Knocks: Dallas Cowboys** The 2021 pre-season preparations of Dallas Cowboys.
12.00 M'T **Total Access**
1.00 AM **NFL Highlights**
2.00 **to 6.00** AM **World Cup of Darts**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Fighting Fit 2020**
7.00 **Fit In 5**
7.30 **My Icon**
8.00 **Drone Racing League**
10.00 **Netball Superleague**
12.00 NOON **Formula 1** Action from the British Grand Prix.
1.00 PM **Formula 1** Action from the Canadian Grand Prix in Montreal.
2.00 **Formula 1** Highlights from the Azerbaijan Grand Prix in Baku.
3.00 **Fighting Fit 2020**
4.00 **Fit In 5**
4.30 **My Icon**
5.00 **Drone Racing League**
7.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
8.00 **Formula 1** Action from the Canadian Grand Prix in Montreal.
9.00 **Formula 1** Action from the Azerbaijan Grand Prix in Baku.
10.00 **Formula 1** Highlights from the Monaco Grand Prix.
11.00 **Drone Racing League**
1.00 AM **Formula 1** Highlights of the British Grand Prix at Silverstone.
2.00 **WNBA** Connecticut Sun v Washington Mystics.
3.45 **My Icon**
4.00 **to 6.00** AM **Drone Racing League**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **ESPN FC** Football news.
6.30 **ESPN SportsCenter**
6.45 **NHRA Drag Racing Highlights**
7.45 **ESPN SportsCenter**
8.00 **MLB** A replay of Washington Nationals v Miami Marlins.
11.00 **MLB Quick Pitch**
12.00 NOON **ESPN FC** Football news.
12.30 PM **ESPN SportsCenter**
12.45 **NHRA Drag Racing Highlights**
1.45 **ESPN SportsCenter**
2.00 **MLB** Action from Milwaukee Brewers v Chicago Cubs.
5.00 A replay of Chicago White Sox v Minnesota Twins.
8.00 **MLB Quick Pitch**
9.00 **CFL** A replay of the game between Toronto Argonauts and Winnipeg Blue Bombers.
11.30 **ESPN FC** Football news.
12.00 M'T LIVE **MLB St Louis Cardinals v Atlanta Braves.** Coverage of the National League match at Truist Park. Start-time **12.00**m't.
3.30 AM **to 6.00** AM **CFL**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The...**
7.00 **Climbing World Cup**
8.00 **Tennis: Wimbledon**
9.30 **Cycling: Giro d'Italia – Women**
10.30 **Cycling: Tour de France**
11.30 **Tour de France: The Breakaway**
12.00 NOON LIVE **Cycling: Tour de France** Coverage of stage four.
5.00 PM **Cycling: Giro d'Italia – Women** Stage five.
6.30 **Olympic Games: Before They Were Superstars**
7.00 **FIA World Endurance Champs**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Cycling: Giro d'Italia – Women**
11.05 **Cycling: Tour de France** Stage
12.00 M'T **Tour de France – The...**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **Olympic Games: Before...**
4.00 **Tennis: Wimbledon**
5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **Cycling: Tour de France**
8.30 **Tour de France: The Breakaway**
9.00 **Electric Touring Car Racing**
9.30 **Olympics: Legends Live On**
10.00 **Speedway Grand Prix**
11.00 **Climbing World Cup**
12.00 NOON **Tennis: Wimbledon**
1.30 PM **Motocross World Champs**
2.00 **British Superbikes**
4.00 **FIA World Endurance Champs**
5.00 **Formula E** The Rome ePrix.
6.00 **British Speedway**
6.55 **The Judo Show**
8.00 **Show Jumping**
9.00 **World Touring Car Cup**
9.30 **Climbing Show**
10.00 **Tennis: Wimbledon**
11.30 **World Touring Car Cup**
12.35 AM **Cycling: Tour de France**
1.30 **Tour de France: The Breakaway**
2.00 **Tennis: Wimbledon**
3.30 **Cycling: Tour de France**
4.30 **Tour de France: The Breakaway**
5.00 **to 6.00** AM **British Superbikes**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Drone Racing League**
8.00 **Netball Superleague**
10.00 **NBA Basketball**
12.00 NOON **Show Jumping**
1.00 PM **State of Origin Rugby League**
2.00 **Super League Highlights**
2.30 **Drone Racing League**
4.30 **Show Jumping** Highlights from the Rolex Grand Slam in Germany.
5.30 **Super League Highlights**
6.00 **NBA Hardwood Classic Games**
6.30 **NBA Basketball** Washington Wizards v Boston Celtics.
9.00 **Super League's Supermen**
10.00 **Super League Highlights**
11.15 **Women's Super League**
11.30 **Women's International Rugby League** England v France.
11.45 **International Rugby League**
12.00 M'T **NBA Basketball**
3.30 AM **NBA Hardwood Classic Games** Highlights from the 2016 Slam Dunk Contest.
4.00 **to 6.00** AM **Rugby League Retro**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **F1: Best of 2021**
11.00 **Formula 1**
12.25 PM **Formula 1**
3.30 **The Notebook**
4.00 **Russell Riding High**
4.10 **Brazil 2008 Revisited**
4.20 **Charles and Carlos**
4.30 **Porsche Supercup**
5.05 **Insta Stories With Ricciardo**
5.15 **W Series**
6.00 **Formula 3 Championship**
7.00 **Formula 2 Championship**
8.15 **Then & Now With Verstappen**
8.25 **Lando's Insta**
8.30 **Legends of F1**
9.00 **Indycar** Highlights of the Honda Indy 200 at Mid-Ohio.
10.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
11.00 **Indycar**
12.00 M'T **Formula 1**
1.00 AM **F1: Best of 2021**
1.45 **Best of Australia 2022**
2.15 **Best of Imola 2022**
2.45 **to 6.00** AM **F1: Best of 2021**

SKY HD SD | VIRGIN HD | BT HD

Wednesday 6 July

Evening Planner

Football

Women's Euro 2022: England v Austria
BBC1, 7pm (kick-off 8pm)
The tournament kicks off with the Lionesses facing Austria at Old Trafford

Factual

The Sky Arts Book Club Summer Reads Special
Sky Arts, 8pm
Andi Oliver and Elizabeth Day look at this summer's top reads, with Minnie Driver

Factual

George Clark's Remarkable Renovations
C4, 9pm
The architect returns with a new series showcasing unusual renovation projects

Documentary

The Savoy
ITV, 9pm
As our visit to the luxury London hotel draws to a close, cameras capture some special occasions that have taken place

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Football: Women's Euro 2022 – Live: England v Austria (Kick-off 8.00)						10.10 News; Local News	
102 BBC2	◂ 1.00 Wimbledon – Live		8.00 Today at Wimbledon		9.00 Bradford on Duty		10.00 Mock the...	10.30 Newsnight
103 ITV	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Savoy		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 George Clarke's Remarkable...		10.00 Ghislaine Maxwell: The Making of a...	
105 CHANNEL 5	7.00 The Gadget Show		8.00 Live: Summer on the Farm		9.00 999: Critical Condition		10.00 Ambulance: Code Red	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 The Blacklist		10.00 Never Mind the Buzzcocks	
ENTERTAINMENT								
117 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 The Big Proud Party Agency		10.00 In My Skin	10.30 RuPaul's...
116 BBC4	7.00 The Golden Age of Steam Railways		8.00 Age of the Image		9.00 Thatcher: A Very British Revolution		10.05 Boys from the Blackstuff	
118 ITV2	7.00 Bob's Burgers		8.00 Superstore		9.00 Love Island		10.05 The Emily Atack Show	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY		7.55 Devon and Cornwall		9.00 Ireland: Coast and Country		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Neighborhood	8.00 Below Deck		9.00 Gogglebox		10.00 Killing It	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Grey's Anatomy		10.00 Criminal Minds	
108 SKY ATLANTIC	◂ 6.45 The Wire		7.55 Game of Thrones		9.00 Westworld		10.05 We Own This City	
110 GOLD	◂ 6.35 Dad's Army		8.00 The Good Life		9.20 Men Behaving Badly			10.35 Live at...
111 DAVE	7.00 Richard Osman's...	7.40 Room 101			9.00 QI XL		10.00 Hypothetical	
119 ITV3	7.00 Heartbeat		8.00 Lewis				10.00 Blue Murder	
120 ITV4	7.00 Tour de France Highlights		8.00 Junk and Disorderly		9.00 Film: Ronin			
112 COMEDY CENTRAL	7.00 Friends		8.00 Film: Austin Powers: International Man of Mystery				10.00 Russell Brand in New York	
152 SYFY	7.00 Quantum Leap		8.00 Star Trek: Deep Space Nine		9.00 Grimm		10.00 Penny Dreadful: City of Angels	
113 SKY MAX	7.00 Stargate SG-1		8.00 SEAL Team		9.00 The Blacklist		10.00 Never Mind the Buzzcocks	
132 ALIBI	7.00 Rizzoli & Isles		8.00 Death in Paradise				10.00 Miss Scarlet and the Duke	
130 SKY ARTS	7.00 Landscape Artist of the Year 2016		8.00 The Sky Arts Book Club Summer...		9.00 Discovering: Jane Fonda		10.00 The Sixties	
DOCUMENTARY								
125 DISCOVERY	7.00 Outback Truckers		8.00 Fast N' Loud		9.00 Deadliest Catch			
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Jungle Shark		9.00 Deadliest Sharks		10.00 The Last Alaskans	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Bin Laden's Spy in America				10.00 JFK: The Lost Bullet	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 Buried: Knights Templar and the Holy...		10.00 Revolutions: The Ideas That...	
155 YESTERDAY	7.00 Abandoned Engineering		8.00 Rick Stein's Secret France		9.00 Bangers and Cash			
121 SKY DOCS	7.00 Inside the Freemasons		8.00 Veleno: The Town of Lost Children		9.00 Who Killed the KLF?			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.40 The Survivor		8.00 The Electrical Life of Louis Wain				10.05 King Richard	
303 HITS	◂ 5.55 Knowing		8.00 Peter Rabbit 2			9.50 Extinct		
304 GREATS	◂ 5.15 The English Patient		8.00 Indiana Jones and the Last Crusade				10.20 Zulu	
305 ANIMATION	◂ 6.30 Open Season 2		8.00 The Magic Roundabout		9.30 The Prince of Egypt			
306 FAMILY	◂ 6.30 Earth to Echo		8.10 Five Children and It		9.45 Mirror Mirror			
307 ACTION	◂ 5.45 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows				10.15 Warrior	
308 COMEDY	◂ 6.15 Sausage Party		8.00 The Guilt Trip			9.50 Friends with Benefits		
309 THRILLER	◂ 6.00 Let Him Go		8.00 Those Who Wish Me Dead		9.45 The Little Things			
310 DRAMA	◂ 6.15 54		8.00 Eat Pray Love					10.30 Foxcatcher
311 SCI-FI	◂ 5.40 Hulk		8.00 Fantastic Four			9.50 Godzilla vs Kong		
302 MUSIC	◂ 6.10 Willy Wonka and the Chocolate...		8.00 Bill and Ted's Excellent Adventure		9.35 The United States vs. Billie Holiday			
313 FILM4	◂ 6.05 Exodus: Gods and Kings				9.00 Alita: Battle Angel			
315 TCM MOVIES	◂ 4.50 North by Northwest	7.40 Massacre Canyon			9.00 From Dusk Till Dawn			
SPORT								
401 MAIN EVENT	◂ 6.15 Vitality T20 Blast Cricket – Live: Coverage of a quarter-final						10.00 Sky Sports News	
402 PREMIER LEAGUE	7.00 Premier League				9.00 PL Stories	9.30 Gary Neville's...	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup Highlights					9.30 EFL Cup Final 20		10.30 Best Goals...
404 CRICKET	◂ 6.15 Vitality T20 Blast Cricket – Live: Coverage of a quarter-final						10.00 Test Cricket Bitesize	
413 BT SPORT 1	◂ 6.30 FIH Hockey Women's World Cup – Live: Netherlands v Chile (Push-back 6.30); Australia v South Africa (Push-back 8.30)							10.30 FIH Hockey...
414 BT SPORT 2	7.00 MLB – Live: Chicago White Sox v Minnesota Twins (Start-time 7.00)							10.30 UFC...

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Frontline Fightback** New edition A gang targeting people who buy and sell goods online. (S)(AD)
10.45 **Expert Witness** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **LIVE Wimbledon** Sue Barker presents coverage of the day 10 at the All England Club, featuring action from the outside courts. *Coverage continues on BBC2*. (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **LIVE Wimbledon** Further coverage of day 10 from the All England Club, featuring the men's and ladies' singles quarter-finals. *Coverage continues on BBC2*. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.00 Football: Women's Euro 2022

7 PM — **7.00** **LIVE Football: Women's Euro 2022** England v Austria: Gabby Logan presents all the action from the opening match of the tournament, as the Group A sides meet at Old Trafford. With analysis from Alex Scott, Fara Williams and Jonas Eidevall, and commentary by Robyn Cowen and Rachel Brown-Finnis. Kick-off is at 8.00. *See feature, page 28.* (S)

8 PM

9 PM

10 PM — **10.10** **BBC News** (S)
10.40 **Local News** (S)
10.50 **Conversations with Friends** 10/12. Melissa admits to Frances that things are better between her and Nick. (S1) (S)(R)(AD)
■ Entire series on BBC iPlayer

11.20 **Conversations with Friends** 11/12. Frances' life begins to spin out of control. (S)(R)(AD) **11.50** 12/12. Frances faces up to the consequences of her actions. (S1) (S)(R)(AD)
12.20 AM **Freddie Flintoff's Field of Dreams** 1/3. Freddie sets out to turn a group of teenagers from his home town of Preston into a competitive cricket team. (S)(R)(AD)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Frontline Fightback** How West Midlands Police sergeant Tony Webb found himself staring down the barrel of a gun. (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: See Hear** New edition Celebrating Glasgow Deaf Athletic Football's 150th birthday. (S)
8.30 **Sign Zone: My Unique B&B** Creating a land-locked submarine from a sonar hull. (S)(R)(AD)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Wimbledon** Sue Barker presents coverage of day 10 from the All England Club, featuring the remaining men's and ladies' singles quarter-finals. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button

9.00 Bradford on Duty

7 PM — **LIVE Wimbledon** (started at 1.00pm)

8 PM — **8.00** **Today at Wimbledon** Clare Balding presents highlights of the 10th day's play from the All England Club, where the men's and ladies' quarter-finals were scheduled to conclude. (S)

9 PM — **9.00** **Bradford on Duty** Series finale 5/5. The final edition of the documentary series examines how the NHS is trying to relieve pressure on hospitals by caring for patients in their own homes. (S)(AD)

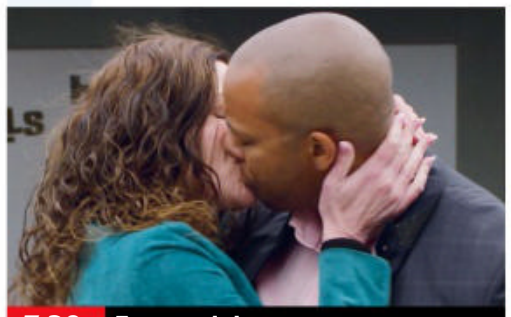
10 PM — **10.00** **Mock the Week** With Maisie Adam, Alasdair Beckett-King, Ivo Graham, Ria Lina and Rhys James. (S)(R)
10.30 **Newsnight** (S)

11.10 **Weather** (S)
11.15 **Unspun World with John Simpson** The week's global news stories. (S)
11.45 **Tigers: Hunting the Traffickers** A report on the illegal tiger trade in South East Asia. (S)(R)(AD)
12.45 AM **Sign Zone: See Hear** (S)(R)
1.15 **Sign Zone: Who Do You Think You Are?** With Ralf Little. (S)(R)(AD)
2.15 **Sign Zone: The Fifteen Billion Pound Railway: Inside the Elizabeth Line** (S)(R)(AD)
3.15 **to 6.15** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** The team visit Newcastle Racecourse, where a couple of pistols catch Helen Gardiner's eye, and Henry Nicholls lets his heart rule his head. (S)(R)
3.00 **Tenable** Warwick Davis hosts as a team of five answer questions on top 10 lists, then try to score a perfect 10 in the final round. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



7.30 Emmerdale

7 PM — **7.30** **Emmerdale** Faith makes a big decision, and Liam questions Leyla about her drinking. (S)(AD)

8 PM — **8.00** **Coronation Street** Fiz hears some unwelcome words from Camilla during her hen night, Audrey calls a family meeting to announce the contents of her will, and Leanne is aghast to learn of Toyah's misdemeanour. (S)(AD)

9 PM — **9.00** **The Savoy** Series finale 4/4. Cameras follow hotel guests as they look to celebrate special occasions after the COVID-19 pandemic lockdowns, and the pressure is on hotel staff to meet their high expectations. (S)(AD)

10 PM — **10.00** **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

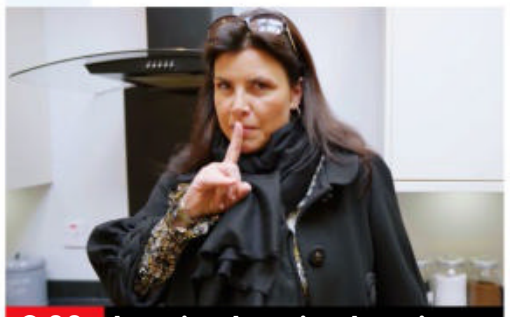
11.40 **British Touring Car Championship Highlights** Action from the fifth meeting of the season at Croft Circuit, where the 13th, 14th and 15th races of the season took place. (S)(R)
12.55 AM **Shop: Ideal World**
3.00 **Tour de France Highlights** Action from the fifth stage. (S)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Griff's Great New Zealand Adventure** (S)(SL)(R)(AD)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.35 AM **3rd Rock from the Sun** (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.15 **Frasier** 4-6/24. (S4) (S)(R)(AD)
9.45 **The Big Bang Theory** (S)(R)(AD)
11.05 **Car S.O.S** A Triumph TR4.(S)(R)
12.05 PM **News** (S)
12.10 **Ramsay's 24 Hours to Hell and Back** From New Jersey. (S)(R)
1.05 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **Find It, Fix It, Flog It** New edition Upcycling a hay trailer. (S)(AD)
4.00 **A Place in the Sun** New edition A holiday home on Lanzarote. (S)
5.00 **Come Dine with Me: The Professionals** New edition Three Shoreditch eateries compete. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Ali's misconduct tribunal takes an awful turn when he makes an accusation. (S)(AD)



8.00 Location, Location, Location

7 PM — **7.00** **News** (S)
7.55 **The Political Slot** New edition Conservative MP Nickie Aiken discusses her campaign to give couples undergoing IVF statutory time off work. (S)

8 PM — **8.00** **Location, Location, Location** New edition Catching up with Emily and Dustin, who were struggling to secure a home in north London, and Sarah and Ian, who were fixated on finding a property in their beloved Balham. (S)

9 PM — **9.00** **NEW SERIES George Clarke's Remarkable Renovations** George Clarke follows a pig farmer and his wife as they restore a Grade II listed pub, butcher's shop, bakery and a slaughterhouse in the Suffolk town of Framlingham. (S)(AD)

10 PM — **10.00** **Ghislaine Maxwell: The Making of a Monster** New edition 2/3. The shocking contrast between Ghislaine Maxwell's public face and her private affairs. (S)(AD)
■ Concludes tomorrow

11.05 **24 Hours in Police Custody** (S)(R)
1.05 AM **Kitchen Nightmares USA** (R)
1.55 **Couples Come Dine with Me** (R)
2.50 **Dispatches: Ukraine – Life Under Attack** (S)(SL)(R)(AD)
3.45 **NEW Iris Prize Best British Short: Lesbian** Short film. (S)
3.50 **Secrets of the Royal Gardens** (R)
4.45 **NEW Iris Prize Best British Short: Cwch Deilen** Short film. (S)
4.55 **Location, Location, Location** (R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.15 PM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.10 **News** (S)
1.15 **Home and Away** (S)
1.45 **Neighbours** (S)
2.15 **In the Key of Murder: A Darrow & Darrow Mystery** Crime drama starring Kimberly Williams-Paisley. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** A man who runs the Costa del Sol's longest established British fish and chip shop sets up a Sunday market stall. (S)(R)
5.00 **News** (S)
6.00 **Neighbours** Karl and Susan are confronted by how closed off Mackenzie is. (S)(R)
6.30 **Eggheads** Quiz show. (S)(R)

9.00 999: Critical Condition

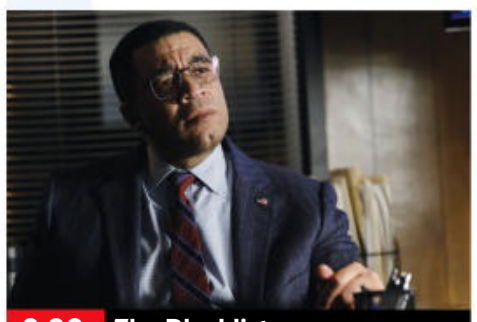
7.00 **The Gadget Show** New edition 9/12. Football commentator and presenter Pien Meulensteen helps to test televisions perfect for children's bedrooms. (S)
7.55 **News** (S)
8.00 **Live: Summer on the Farm** New edition 3/5. Helen Skelton and Martin Hughes-Games host from Cannon Hall Farm in South Yorkshire, run by brothers Rob and Dave Nicholson. (S) ■ Continues tomorrow
9.00 **999: Critical Condition** New edition 4/8. When a woman is admitted to the emergency department after a head-on collision with another car, trauma team leader Anthony Taylor fears the worst. (S)
10.00 **Ambulance: Code Red** New edition 12/20. A car-wash employee is stabbed during an argument, a builder falls 12ft from the roof of a farm building, and a six-year-old is hit by a car while leaving school. (S)
11.05 **Skin A&E** Four dermatologists treat patients for cysts, skin tags and lipomas. (S)(R)
12.05 AM **Adults Only** (S)(R)
1.00 **LeoVegas Live Casino Show** (S)
3.00 **Entertainment News** (S)
3.10 **The Hotel Inspector** (S)(R)
4.00 **Britain's Greatest Bridges** The Tyne Bridge. (S)(SL)(R)(AD)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **to 5.35** AM **House Doctor** (R)

+1 hour 205 155 46 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Dogs with Extraordinary Jobs** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 11/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S1) (S)(R)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
2.00 **MacGyver** (S1) (S)(R)(AD)
3.00 **Wild Animal Babies** (S)(R)
4.00 **Modern Family** (S3) (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** 9/24. Part one of two. Uncle Phil visits a masseuse. (S)(R) **6.00** 10/24. Part two of two. Will and Uncle Phil are arrested at a massage parlour. (S6) (R)
6.30 **The Simpsons** *Opposites A-frack:* Mr Burns launches a fracking operation. (S)(R)



9.00 The Blacklist

7.00 **The Simpsons** *Simpsorama: Futurama*'s Planet Express crew turn up in Springfield. (S)(R) **7.30** *Blazed and Confused:* The family attend a community festival. With the voice of Willem Dafoe. (S)(R)
8.00 **UFO** 1/4. Exploring people's fascination with unidentified flying objects and the influence the US government and the military may have in shielding the truth. (S)(R)(AD)
9.00 **The Blacklist** New episode *Boukman Baptiste (No164):* 9/22. Attacks on Red's lieutenants puts Dembe in danger, prompting him to relive the events that led him to join the FBI two years earlier. (S9)
10.00 **Never Mind the Buzzcocks** Guests include Jade Thirlwall and Nish Kumar. (S)(R)
10.45 **The Midwich Cuckoos** *Why Are You Lying?* 5/7. Zoe and Sam make a discovery. (S1) (R)(AD)
11.45 **Code 404** 3/6. Major stakes out Kelly's office. (S)(R)(AD) **12.15** AM 4/6. Major and Carver are assigned to protect Chalmers. (S1) (S)(R)(AD)
12.45 **The Real Manhunter** (R)
1.40 **The Force: Manchester** (S)(R)
2.35 **Road Wars** (S)(R)
3.05 **Hawaii Five-0** (S5) (S)(R)
4.00 **MacGyver** (S1) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
12.20am The Edit (S)(R) **12.35** Freddie Flintoff's Field of Dreams (S)(R) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations

WALES
Sky **952**, Virgin **864**, Freesat **964**
10.50pm Legends of Welsh Sport: Alan 'The Arrow' Evans (S)(R) **11.20** Conversations with Friends (S)(R) **12.50am** Freddie Flintoff's Field of Dreams (S)(R) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News

BBC2

N. IRELAND
Sky **972**, Freesat **969**
10.00-10.30pm Barra's Wild Days Out (S)(R)

WALES
Sky **971**, Freesat **971**
No variations

ITV

No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Anrhegion Melys Richard Holt (AD) **12.30** Garddio a Mwy **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Le Tour de France **4.30** Blociau Rhif **4.35** Anifeiliaid Bach y Byd **4.45** Amser Maith Maith yn Ôl **5.00** Stwnsh **6.00** Triathlon Cymru 2022 **6.25** Chwedloni New edition **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Dan Do New edition **8.55** Newyddion S4C a'r Tywydd **9.00** Pobol y Penwythnos New edition **9.30** Y Byd ar Bedwar **10.00** Seiclo: Le Tour de France **10.30** Prosiect Pum Mil (AD) **11.30pm-12.05am** Bois y Rhondda

TV&Satellite week
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BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Matt and Chris go on a road trip in convertible supercars.
8.00 **Glow Up: Britain's Next Make-Up Star** 1/8. Competition series which sees aspiring make-up artists battle to be named Britain's next make-up star.
9.00 **The Big Proud Party Agency** New editions 3/6. The agents are tasked with creating an 18th birthday celebration for twins. **9.30** 4/6. Best friends Levi and Beth want to stage a graduation prom. (S1)
10.00 **In My Skin** 3/5. Bethan has to choose between studying or celebrating. (S1)
10.30 **RuPaul's Drag Race UK** 8/9. The three queens take on a final challenge.
11.35 **The Big Proud Party Agency** Double bill.
12.35 AM **Queen of Trucks**
1.05 **Hungry for It**
2.05 **Cuckoo**
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **The Golden Age of Steam Railways** 2/2. Efforts to rescue Britain's standard gauge railways.
8.00 **Age of the Image** How the distinction between reality and image has become increasingly blurred.
9.00 **Thatcher: A Very British Revolution** 5/5. How splits in the cabinet and public anger led to Margaret Thatcher's downfall.
10.00 **Bernard Hill Remembers... Boys from the Blackstuff**
10.05 **Boys from the Blackstuff** *Jobs for the Boys:* 1/5. Alan Bleasdale's 1982 unemployment drama. **11.00** *Moonlighter:* 2/5. Dixie moonlights as a night-time security guard. (S1)
12.00 M'T **Boys from the Blackstuff** 3/5. (S1)
1.00 AM **The Terror** 9/10. Fitzjames's health worsens as the sailors continue south. **1.55** 10/10. The men face a final confrontation. (S1)
2.50 **to 3.50** AM **Thatcher: A Very British Revolution**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Candy canes.
9.15 **A Place in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **The Block: Big Renovation Challenge** New edition Scott and Shelley inspect progress of the challenge apartment.
5.55 **Heir Hunters** The pressure is on as the firms search for heirs on a case worth close to £500,000.
6.55 **Escape to the Chateau: DIY** Dick and Angel give a staircase a makeover.
7.55 **Devon and Cornwall** On St Michael's Mount, boatman Josh Sedgeman readies the island's amphibious vessel for winter.
9.00 **Ireland: Coast and Country** New edition The staff of Ireland's only seal rescue centre attempt to return two young seals back to the wild.
10.00 **24 Hours in A&E** A law student is treated for a condition that causes his ribs to grow inwardly.
11.05 **Sex Actually with Alice Levine** Documentary.
12.10 AM **999: On the Front Line**
1.15 **Ireland: Coast and Country** As 9.00pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 196 86 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Black-ish**
8.00 **The Big Bang Theory**
8.30 **Ramsay's Kitchen Nightmares USA**
9.30 **Married at First Sight Australia** Reality show.
11.00 **The Goldbergs**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Young Sheldon**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory** Four episodes. (S4&10)
7.00 **Hollyoaks** A revelation from a surprise guest causes drama at Luke's funeral.
7.30 **The Neighborhood** New episode 18/22. Dave must mediate a feud between two brothers. (S4)
8.00 NEW SERIES **Below Deck** Six new crew members board the luxury yacht.
9.00 **Gogglebox** *Made in Chelsea, Dragons' Den* and *Line of Duty* are appraised.
10.00 **Killing It** New episode 9/10. Craig and Isaiah try to get rid of some evidence. **10.40** Series finale 10/10. Craig questions everything that got him to this point. (S1)
11.20 **Naked Attraction**
12.25 AM **First Dates**
1.30 **Gogglebox**
2.30 **Below Deck**
3.20 **Killing It**
4.20 **The Big Bang Theory**
4.45 **to 6.00** AM **Melissa & Joey**

+1 hour 235 146 30 123

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Road Wars**
10.00 **UK Border Force**
11.00 **Law & Order** 2/24. (S15)
12.00 NOON **Private Eyes** 3/8. (S5)
1.00 PM **Blue Bloods** 16/22. A man holds Baez at gunpoint. (S5)
2.00 **The Equalizer** 8/18. McCall helps a deported woman track down her son. (S2)
3.00 **Stop, Search, Seize**
4.00 **UK Border Force**
5.00 **Nothing to Declare**

9.00 Grey's Anatomy

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Blue Bloods** *Blackout:* 4/22. Cops scramble to contain the chaos when New York City suffers a major blackout. (S9)

9 PM
9.00 **Grey's Anatomy** New episode *Out for Blood:* Nick turns to Meredith for help with his patient. (S18)

10 PM
10.00 **Criminal Minds** *Nelson's Sparrow:* 13/23. The death of one of their own causes the agents to reopen a cold case. (S10)
11.00 **FBI: Most Wanted** 14/15. (S2)
12.00 M'T **Transplant** 13/13. (S2)
1.00 AM **Criminal Minds** (S10)
2.00 **Caught on Dashcam**
3.00 **Road Wars**
4.00 **The Equalizer** 8/18. (S2)
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Four editions.
10.00 **The Sopranos** 7&8/13. (S3)
12.15 PM **Game of Thrones** (S6)
1.20 **Boardwalk Empire** (S3)
3.30 **The Sopranos** 9/13. Tony eyes up a new car and its attractive saleswoman. **4.35** 10/13. A reluctant Bacala dons a Santa suit. (S3)
5.40 **The Wire** 8/10. Bunk obtains a murder warrant for Chris. **6.45** 9/10. Greggs tells Daniels about McNulty's part in the fake serial killer case. (S5)

3.30 The Sopranos

7.55 **Game of Thrones** *No One:* 8/10. As Jaime weighs up his options, Cersei answers a request, and Tyrion's plans begin to bear fruit. (S6)
9.00 **Westworld** *Well Enough Alone:* 2/8. Sci-fi drama starring Thandiwe Newton and Ed Harris. (S4)
10.05 **We Own This City** *Part Five:* 5/6. Jensen, Sieracki and Leo Wise prepare to charge the officers of the GTTF. (S1)
11.10 **Save Me** 6/6. (S1)
12.10 AM **Generation Kill** 6/7. (S1)
1.30 **In Treatment** (S1)
2.00 NEW SERIES **The Baby** 1/8. Horror comedy. (S1)
3.05 **In Treatment** (S1&2)
4.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Stargate SG-1** (S1)
8.00 **The Flash** 6/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **Supergirl** 11/23. (S3)
11.00 **NCIS: New Orleans** (S1)
1.00 PM **Hawaii Five-0** (S5)
2.00 **MacGyver** 18/21. (S1)
3.00 **DC's Legends of Tomorrow**
4.00 **The Flash** 7/23. (S3)
5.00 **Supergirl** 12/23. (S3)
6.00 **Stargate SG-1** 10/22. The team go to the planet Cimmeria in search of allies against the Goa'uld. (S1)

9.00 The Blacklist

7.00 **Stargate SG-1** *The Torment of Tantalus:* 11/22. A rescue attempt leaves Daniel and the crew trapped. (S1)
8.00 **SEAL Team** *Trust, But Verify – Part One:* 1/14. The members of Bravo learn a training exercise is a covert mission. (S5)
9.00 **The Blacklist** New episode *Boukman Baptiste (No164):* 9/22. Attacks on Red's lieutenants puts Dembe in danger. (S9)
10.00 **Never Mind the Buzzcocks** With Jade Thirlwall and Nish Kumar.
10.45 **The Midwich Cuckoos** 5/7. Fantasy drama. (S1)
11.45 **Resident Alien** 5/10. Harry is introduced to the concept of marriage. (S1)
12.45 AM **NCIS: Los Angeles** (S13)
1.40 **The Force: Manchester**
2.35 **Road Wars**
3.05 **Hawaii Five-0** 25/25. (S5)
4.00 **MacGyver** 18/21. (S1)
5.00 **to 6.00** AM **Highway Cops**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **World's Funniest Videos**
6.30 **Love Bites**
7.30 **Dress to Impress**
8.25 **You've Been Framed! Attacks**
9.20 **Hart of Dixie** 18/22. (S3)
10.15 **One Tree Hill** 17/22. (S3)
11.10 **The O.C** 11/25. (S3)
12.05 PM **Supermarket Sweep**
1.05 **Alan Carr's Epic Gameshow**
2.05 **Family Fortunes**
3.05 **Hart of Dixie** 19/22. (S3)
4.00 **One Tree Hill** 18/22. (S3)
5.00 **The O.C** 12/25. (S3)
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **Bob's Burgers** 6/22. Bob helps Edith in her plot for revenge. **7.30** 7/22. The Belchers try to save a turkey. (S9)
8.00 **Superstore** 15/22. Jonah and Amy deal with an awkward situation. **8.30** 16/22. Amy goes on a double date. (S3)
9.00 **Love Island** New edition The latest events from the villa as the singles get on with their routine of dating and flirting.
10.05 **The Emily Atack Show** Comedy sketches.
10.50 **Family Guy** 4/21. Peter discovers Lois's father is having an affair. (S9)
11.20 **Family Guy** 16/20. Peter is told to work from home due to his excessive sweating. (S18)
11.50 **American Dad!** 16&10/18. Double bill of episodes. (S8)
12.50 AM **Superstore** (S3)
1.50 **All American** (S2)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Classic Coronation Street**
6.35 **Classic Emmerdale**
7.30 **George and Mildred**
9.15 **A Touch of Frost**
11.35 **The Royal**
12.40 PM **Heartbeat**
1.45 **Classic Emmerdale**
2.50 **Classic Coronation Street**
3.50 **Midsomer Murders** *Second Sight:* A man collapses and dies outside of a pub.
6.00 **Downton Abbey** 2/9. Mary hopes to receive a bailout from her grandmother. (S3)

8.00 Lewis

7.00 **Heartbeat** *Chalk and Cheese:* A dispute between a retired teacher and a farmer gets out of hand.
8.00 **Lewis** *The Dead of Winter:* After a body is found on an Oxford tour bus, the detectives are led to a country estate where Hathaway spent much of his childhood. Guest stars Nathaniel Parker, Juliet Aubrey and Stella Gonet.
10.00 **Blue Murder** *Make Believe:* 2/4. The discovery of a child's body presents Janine with a tough case. (S3)
11.40 **A Touch of Frost** *Fun Times for Swingers:* A male prostitute is found murdered, triggering an investigation that takes Jack into the seedy world of escorts and their clientele.
1.45 AM **George and Mildred**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Great Food Guys** Nick Nairn and Dougie Vipond focus on Scottish fish.
7.30 **The Scandals That Shocked Scotland** The case that put fingerprint evidence in the dock.
8.00 **Tiny Lives** Baby Roman arrives in the unit's intensive care ward.
8.30 **Aberdeen Harbour** The day-to-day running of one of Britain's oldest and busiest ports.
9.00 **The Nine**
10.00 **Style Fixers** Series finale Eve dreams of looking like she has just stepped out of a 1990's romcom.
10.30 **Forensics: The Real CSI** A 15-year-old is stabbed in a park in Coventry.
11.30 PM **to 12.00** M'T **The Karen Dunbar Show**

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **The Fresh Prince of Bel Air** 11&12/24. (S6)
9.00 **A.P. Bio** (S1&2)
10.00 **Modern Family** (S3)
11.00 **Girls** 2-4/12. (S3)
12.45 PM **Curb Your Enthusiasm** (S3)
2.30 **The Office (US)** (S4)
3.00 **Will & Grace** (S2)
4.00 **Modern Family** (S3)
5.00 **The Office (US)** (S4)
5.30 **Fresh Prince of Bel Air**
6.30 **Sunnyside** 8/11. (S1)
7.00 **A.P. Bio** 2&3/13. (S2)
8.00 **Miracle Workers: Dark Ages** 6&7/10. (S2)
9.00 **Enlightened** 3/10. Amy decides to look for a different job. **9.35** 4/10. Amy and Levi go kayaking. (S1)
10.15 **Code 404** 3&4/6. (S1)
11.15 **Breeders** 5&6/10. (S2)
12.15 AM **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.15 **Entourage** 6&7/8. (S1)
2.15 **Curb Your Enthusiasm**
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Ludovico Einaudi: Elements – Live**
7.15 **A Tuba to Cuba**
9.00 **Tales of the Unexpected**
10.00 **Discovering**
11.00 **Music Icons**
11.30 **Video Killed the Radio Star** Paul Weller.
12.00 NOON **Soundtracks: Songs That Defined History** Political songs.
1.00 PM **Tales of the...**
2.00 **Passion for Perfection**
3.00 **Gil Scott-Heron – Pieces of a Man**
4.00 **Tales of the Unexpected**
5.00 **Discovering**
6.00 **Portrait Artist 2020**
7.00 **Landscape Artist 2016**
8.00 NEW **The Sky Arts Book Club Summer Reads Special**
9.00 **Discovering: Jane Fonda**
10.00 **The Sixties**
12.00 M'T **Life in Pictures**
1.00 AM **The Great Buster**
3.00 **Jerry Lewis: The Man Behind the Clown**
4.15 **to 6.00** AM **Highlights**

Pick

159 156 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S6)
5.00 **Star Trek: The Next Generation** (S6)
6.00 **Stargate Atlantis** (S4)
7.00 **Hawaii Five-0** (S5)
8.00 **Snapped**
9.00 **SEAL Team** 3/22. (S1)
10.00 **Grimm** 20/23. (S5)
11.00 **World's Most Evil Killers**
12.00 M'T **Britain's Most Evil Killers** Mark Hobson.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Impractical Jokers**
10.00 **Bob's Burgers** (S11)
11.00 **Friends**
7.00 PM **Friends** 8/18. Monica agrees to cook Thanksgiving dinner. **7.30** 9/18. Joey regrets dating one of Phoebe's friends. (S10)
8.00 FILM **Austin Powers: International Man of Mystery** Spy spoof with Mike Myers. (1997, 15, 95min) ★★★★
10.00 NEW **Russell Brand in New York** The pros and cons of fame.
11.20 **Kevin Bridges: A Whole Different Story**
12.20 AM **Iain Stirling: Comedy Central Live**
12.50 **The Ricky Gervais Show**
1.50 **South Park**
2.50 **Phil Wang at the Comedy Store**
3.20 **John Robins at the Comedy Store**
3.45 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 179 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.30 **Unboxed**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.30 PM **The Real Housewives of Dallas**
1.25 **Sam and Billie: The Mummy Diaries**
2.25 **The Only Way Is Essex**
3.10 **Million Dollar Listing: LA** New edition
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Beverly Hills** Series finale Lisa sounds off on her support of Erika.
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched**
10.00 **Botched by Nature**
11.00 **Marriage Boot Camp: Reality Stars**
11.55 **The Only Way Is Marbs**
12.55 **to 1.00** AM **Unwind**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Tenable**
7.40 **Robin of Sherwood**
8.50 **The Professionals**
9.55 **Minder**
11.00 **Tour de France Highlights**
12.00 NOON **Made in Britain**
12.30 PM **LIVE Tour de France** Coverage of stage five of the Grand Tour race, a hilly 154km route from Lille Metropole to Arenberg Porte du Hainaut.
4.50 **Dramatic Finishes**
4.55 **Minder**
6.00 **Made in Britain**

9.00 Ronin

7.00 **Tour de France Highlights** Stage five, a 154km route from Lille Metropole to Arenberg Porte du Hainaut.
8.00 **Junk and Disorderly** New edition Henry Cole and his team decide to buy a tractor at an agricultural auction.
9.00 **FILM Ronin** Action thriller starring Robert De Niro and Jean Reno. A team of intelligence agents are hired to steal a mysterious, well-protected briefcase. With Natascha McElhone. (1998, 15, 121min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **FILM Gangster Squad** Crime thriller starring Josh Brolin. A police unit is formed to bring down the gangster who controls the LA underworld. (2013, 15, 110min) ★★★
1.45 AM **The Professionals**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Most Haunted US**
7.00 **Star Trek: Deep Space Nine**
8.00 **Teleshopping**
11.00 **Star Trek: Voyager** (S5)
12.00 NOON **The Outpost** (S4)
1.00 PM **The Librarians** 8/10. (S2)
2.00 **Blood & Treasure** 3/13. (S1)
3.00 **Warehouse 13** 8/20. (S4)
4.00 **The Outpost** 9/13. (S4)
5.00 **Stargate SG-1** 22/22. Daniel tries to find the Eye of Ra. (S6)
6.00 **Warehouse 13** 8/20. Pete and Myka investigate a strange rusting disease. (S4)

11.05 The 12 Disasters of...

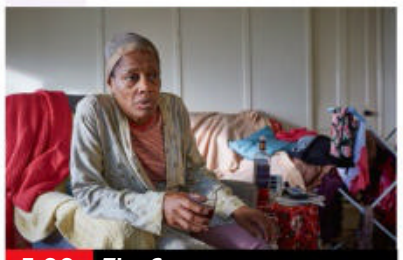
7.00 **Quantum Leap** *Revenge of the Evil Leaper:* 17/22. Part two of two. Sam and Alia find themselves in a women's prison. (S5)
8.00 **Star Trek: Deep Space Nine** *Distant Voices:* 18/26. Bashir is critically injured in an alien attack. (S3)
9.00 **Grimm** *Inugami:* 17/23. The severed head of a young man is found under a bridge. (S5)
10.00 **Penny Dreadful: City of Angels** *Sing, Sing, Sing:* 9/10. Tiago and Lewis must make some bold decisions. (S1)
11.05 **FILM The 12 Disasters of Christmas** Disaster movie. (2012, 12, 115min) ★★
1.00 AM **Stargate SG-1** (S6)
2.00 **The Outpost** 9/13. (S4)
3.00 **Star Trek: Deep Space Nine**
4.00 **Star Trek: Voyager** (S5)
5.00 **to 6.00** AM **Blood & Treasure**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **The Coroner** 8/10. (S2)
11.00 **Rizzoli & Isles** 8/15. (S2)
12.00 NOON **Death in Paradise** (S1)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S8)
4.00 **The Doctor Blake Mysteries**
5.00 **The Coroner** 8/10. Jane tries to solve the disappearance of a notorious playboy. (S2)
6.00 **Major Crimes** 4/10. The team try to solve a case relating to the Israeli mafia. (S1)


5.00 The Coroner

7.00 **Rizzoli & Isles** *My Own Worst Enemy:* 8/15. A father and son are attacked, leaving the parent dead. (S2)
8.00 **Death in Paradise** *Amongst Us:* 8/8. A murder uncovers a case of money-laundering and secret identity. (S1)
9.00 **Death in Paradise** *A Murder on the Plantation:* 1/8. The owner of a plantation is found with a machete in his back. (S2)
10.00 **Miss Scarlet and the Duke** 4/6. Eliza looks into a case of blackmail and finds herself with a new rival. (S2)
11.00 **Frankie Drake Mysteries** 8/11. Frankie prevents an attempted kidnapping. (S1)
12.00 M'T **The Doctor Blake Mysteries** 4/10. (S5)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.05 AM **Highlights**
9.30 **Only Fools and Horses**
10.10 **Last of the Summer Wine**
11.25 **Desmond's**
12.00 NOON **My Hero**
12.40 PM **The Green Green Grass**
1.20 **The Good Life**
2.00 **Dad's Army**
2.40 **Last of the Summer Wine**
4.00 **Desmond's**
4.35 **Only Fools and Horses**
5.15 **The Green Green Grass**
5.55 **Are You Being Served?**
6.35 **Dad's Army**

10.35 Live at the Apollo

7.20 **Dad's Army** An invasion alert throws Mainwaring's hopeless would-be heroes into a panic.
8.00 **The Good Life** Tom builds a generator that runs on animal dung. **8.40** Tom is tempted to earn extra money, but not to pay the bills.
9.20 **Men Behaving Badly** Gary digs himself into a hole after proposing to Dorothy while drunk.
10.00 **Men Behaving Badly** Gary ponders fatherhood.
10.35 **Live at the Apollo** With Micky Flanagan, Jason Byrne and Seann Walsh.
11.40 **Peep Show** Mark and Jeremy decide to throw a party. **12.10** AM Jeremy believes he has found a way to win back Elena's affections.
12.45 **The Good Life**
2.00 **Men Behaving Badly**
3.15 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Sin City Motors**
8.00 **order Force: America's...**
9.00 **Storage Hunters UK**
10.00 **Sin City Motors**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Top Gear**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Top Gear** With Matt LeBlanc.
3.00 **Rick Stein's Long Weekends**
4.00 **Top Gear** A caravan road trip.
5.00 **Rick Stein's Long Weekends**
6.00 **Taskmaster** Paul Sinha squats in a telephone box.

10.00 Hypothetical

7.00 **Richard Osman's House of Games** With Ellie Taylor and Fern Britton. **7.40** **Room 101** Frank Skinner is joined by guests Nick Hewer, Rhod Gilbert and Carol Vorderman. **8.20** Miranda Hart, John Craven and Reggie Yates reveal their pet hates.
9.00 **QI XL** Daliso Chaponda, Cariad Lloyd and Phill Jupitus join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Hypothetical** Series finale 8/8. Comedy game show with Josh Widdicombe and James Acaster.
11.00 **Have I Got a Bit More News for You** David Mitchell hosts, with the Rev Richard Coles and Janey Godley.
12.00 M'T **QI XL: Quizmas**
1.00 AM **Question Team**
2.00 **Room 101**
3.10 **to 4.00** AM **Taskmaster**

+1 hour 211 131 74

Wednesday

7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Charlie's Angels**
7.00 **Crazy Like a Fox** (S2)
8.00 **Highway to Heaven**
10.00 **FILM Hello, It's Me** Romantic drama starring Rebecca Ablack. (2015, PG, 110min) ★★
1.00 PM **Body of Proof** (S2)
2.00 **Sue Thomas: F.B.Eye**
4.00 **Murder, She Wrote**
6.00 **Hart to Hart** 1/20. (S2)
7.00 **M*A*S*H** 1/16. The nurses return to chaos. **7.30** 4/16. The gang play practical jokes. **8.00** 5/16. A nurse is killed by a landmine. **8.30** 7/16. Hawkeye holds a surprise party for Colonel Potter. (S11)
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **M*A*S*H** (S11)
3.00 **Hart to Hart** 1/20. (S2)
3.45 **Crazy Like a Fox** (S2)
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **Find It, Fix It, Flog It**
2.30 **Come Dine with Me**
5.00 **Find It, Fix It, Flog It**
6.00 **A Place in the Sun**
7.00 **A Place in the Sun: Home or Away** A coastal home in either west Wales or the Greek island of Zakynthos.
8.00 **Bake Off: The Professionals** The chefs make apple turnovers.
9.00 **FILM Rocketman** Elton John biopic starring Taron Egerton, Jamie Bell and Richard Madden. (2019, 15, 121min) ★★★★
11.25 **Celebrity Gogglebox**
12.30 AM **Ghislaine Maxwell: The Making of a Monster** Documentary.
1.30 **Elton John: The Red Piano** The singer performs in Las Vegas.
3.40 **to 4.40** AM **Freedom: 50 Years of Pride**

5USA

141 141 153 21 129

9.00 AM **NCIS** 4&5/16. (S18)
10.55 **Entertainment News**
11.00 **NCIS** 6/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Immortals:* 4/23. A sailor's body is discovered at the bottom of the sea. **7.00** *The Curse:* 5/23. A hunter finds the mummified body of a navy lieutenant. **8.00** *High Seas:* 6/23. Two sailors die of an apparent overdose. (S1)
9.00 **Criminal Minds** *The Perfect Storm:* 3/23. A pair of killers appear to work in unison. **10.00** *Psychodrama:* 4/23. The team look into a series of robberies. (S2)
11.00 **Law & Order: Special Victims Unit** (S4&22)
2.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Shoplifters & Scammers: At War with the Law**
8.50 **Judge Judy**
12.00 NOON **Filthy House SOS**
1.00 PM **Nightmare Tenants, Slum Landlords**
2.00 **Police Interceptors**
5.00 **Shoplifters & Scammers: At War...**
6.00 **Home and Away**
7.00 **999: Criminals Caught on Camera**
8.00 **Call the Bailiffs: Time to Pay Up**
9.00 **Litter Louts: At War with the Law**
10.00 **Adults Only: Sex Dolls Gone Wild**
11.00 **Adults Only: OAPs on the Game**
12.00 M'T **Gold Digger and Proud** Documentary.
1.00 AM **Sex Pod**
2.00 **Filthy House SOS**
3.00 **Judge Judy**
3.45 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **MasterChef Australia** Double bill.
8.00 **Tipping Point**
10.00 **999 Rescue Squad**
11.00 **The Undateables**
12.00 NOON **Inside the Ambulance: Coast and Country** Double bill.
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **Masterchef Junior USA** New edition The junior chefs must prepare a medieval-themed dish.
8.00 **The Three Day Nanny**
9.00 **The Undateables**
10.00 **Rochelle Humes: Interior Designer in the Making**
11.00 **Face to Face with Armageddon**
12.00 M'T **Brainwashing Stacey: Anti-Abortion Camp** Documentary.
1.00 **to 3.00** AM **Tipping Point**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **To the Manor Born**
7.45 **Bergerac**
8.40 **The Bill**
9.40 **Holby City**
11.00 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.15 **Bergerac**
3.20 **A Place to Call Home**
4.20 **All Creatures Great and Small**
5.20 **Birds of a Feather**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Coroner** *Gilt:* 5/10. A man is found dead shortly after finding some gold coins. (S1)
9.00 **Whitechapel** 2/3. Chandler and Miles try to track down the killer. (S2)
10.00 **New Tricks**
11.20 **Silent Witness**
1.30 AM **The Heart Guy**
2.35 **A Place to Call Home**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

WEDNESDAY

Documentaries

Wednesday

RealityXtra
147 197 68 134

9.00 AM **Perry Mason**
11.00 **Matlock** 13/22. (S6)
12.00 NOON **CSI: NY** (S1)
1.00 PM **JAG** 23&24/24. (S6)
3.00 **Perry Mason**
5.00 **Unsolved Mysteries**
6.55 **Judge Judy** Real-life small-claims cases.
9.00 **CSI: NY** *The Fall:* 17/23. Mac and Stella suspect a police officer's involvement in the murder of a wine store owner, while Danny and Aiden investigate a film producer's death. (S1)
10.00 **Unsolved Mysteries** A swimming pool that provided evidence in an unsolved murder case. **11.00** An airborne villain who hurled himself out of a 747.
11.55 **Judge Judy**
2.00 AM **CSI: NY** As 9.00pm.
3.00 **Evidence of Evil**
4.00 **Donal MacIntyre's Murder Files**
5.00 **to 6.00** AM **Matlock**

Legend
148 192 41 137

8.00 AM **UFO** 22/26. (S1)
9.00 **Space 1999** 5/24. (S2)
10.00 **Farscape** 4/22. (S4)
11.00 FILM **Collision Earth** Thriller. (2011, 12) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **End of the World** Drama. (2018, PG) ★★
2.50 **Legend Lowdown**
3.00 **Mutant X** 4/22. (S2)
4.00 FILM **Orca: The Killer Whale** Adventure. (1977, PG, 92min) ★
5.50 **Legend Lowdown**
6.00 **Farscape** 5/22. (S4)
7.00 **Space 1999** 3/24. (S2)
8.00 **Star Trek** 23/26. (S2)
9.00 FILM **Becky** Thriller. (2020, 18) ★★★
10.50 FILM **The Hallow** Horror. (2015, 15) ★★★
12.45 AM FILM **All Cheerleaders Die** Comedy. (2013) ★★★
2.35 FILM **3 Headed Shark Attack** Thriller. (2015, 18, 89min) ★★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge
160 160 48 146

7.00 AM **The Chase**
10.00 **Play Your Cards Right**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Family Fortunes**
3.00 **Play Your Cards Right**
4.00 **Bruce's Price Is Right**
5.00 **Bullseye** Double bill.
6.00 **Family Fortunes**
7.00 **Pointless Celebrities** Andi Osho, Holly Walsh, Kevin Eldon, Dave Johns, Barry Cryer, Omid Djalili, Stephen Frost and Helen Atkinson-Wood take part in a comedy-themed edition.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!
151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Wags Atlanta**
12.00 NOON **News: Daily Pop**
1.00 PM **Keeping Up with the Kardashians**
7.00 **Botched** A woman seeks help to remedy her facial disfigurement. **8.00** A woman who hasn't been able to close her mouth since college.
9.00 **Celebrity Game Face** With Rob Riggle, Darren Leader, Mayim Bialik and Jonathan Cohen.
10.00 **Nightly Pop**
10.30 **The Bradshaw Bunch**
11.00 **Wags Atlanta**
12.00 M'T **Rich Kids of Beverly Hills**
1.00 AM **Revenge Body with Khloe Kardashian**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

Sky Documentaries
121 121 819 278 277 352 367

6.00 AM **Fish Town**
7.00 **Discovering: Joan Crawford**
8.00 **The Directors**
8.50 **Hillary**
10.00 **Inside the Freemasons**
10.50 **Veleno: The Town of Lost Children**
12.00 NOON **Arthur Miller: Writer** Documentary.
2.00 PM **Black Art: In The Absence of Light**
3.40 **My Icon: Sophie Cook**
4.00 **Discovering: Joan Crawford**
5.00 **The Directors**
5.50 **Hillary**
7.00 **Inside the Freemasons**
8.00 **Veleno: The Town of Lost Children**
9.00 **Who Killed the KLF?** Examining the rise and fall of the KLF in the 1980s and 1990s.
10.45 **Music Box**
12.50 AM **The Swam**
3.00 **Our Towns**
4.50 **to 6.00** AM **Veleno: The Town of Lost Children**

Sky Nature
124 124 822 280 279 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Dogs with Extraordinary Jobs**
9.00 **Wild Animal Babies**
10.00 **Animal Empires**
11.00 **Great Parks of Africa**
12.00 NOON **Zambia Untamed**
1.00 PM **Monkey Life**
2.00 **Dogs with...**
3.00 **Wild Animal Babies**
4.00 **Animal Empires**
5.00 **Great Parks of Africa**
6.00 **Zambia Untamed**
7.00 **Monkey Life**
8.00 **A Wild Year on Earth**
9.00 **Reef Wrecks**
10.00 **Great Parks of Africa**
11.00 **Zambia Untamed**
12.00 M'T **America's Wild Seasons**
1.00 AM **Surviving the Amazon**
2.00 **A Wild Year on Earth**
3.00 **Reef Wrecks**
4.00 **Dogs with...**
5.00 **to 6.00** AM **Wild Animal Babies**

HGTV
158 286 44 166

7.00 AM **Homes Under the Hammer** In Earlsfield.
8.00 **Quick Little Builds**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Flip or Flop Atlanta**
1.30 **Flip or Flop Nashville**
2.00 **Bargain Block**
3.00 **Quick Little Builds**
4.00 **My Mortgage Free Home** In East Anglia.
5.00 **Homes Under the...**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Great Interior Design Challenge**
9.00 **My Lottery Dream Home** Double bill.
10.00 **Home Town** New edition
11.00 **Flip or Flop Atlanta** New edition
11.30 **Flip or Flop Nashville** New edition
12.00 M'T **Escape to the...**
1.00 **to 4.00** AM **Highlights**
+1 hour 258 290

Food Network
140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Giada in Italy**
9.00 **The Hairy Bikers...**
10.00 **Forever Summer**
11.00 **Ainsley's Food We Love**
12.00 NOON **Great British...**
1.00 PM **Jamie's 30 Minute Meals** Double bill.
2.00 **Rick Stein's Seafood...**
3.00 **The Hairy Bikers...**
4.00 **Forever Summer**
5.00 **Barefoot Contessa**
6.00 **Rick Stein's Seafood Lovers' Guide**
7.00 **Great British Bake Off**
8.00 **The Hairy Bikers Mediterranean Adventure** Corsica.
9.00 **Forever Summer**
10.00 **City Bakes**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Nigella Bites**
+1 hour 240 149

DMAX
172 171 38 150

6.00 AM **Salvage Dawgs**
7.00 **Aussie Gold Hunters**
8.00 **Alaskan Bush People**
9.00 **Yukon Men**
10.00 **Alaska: Last Frontier**
11.00 **Alaska: Homestead Rescue** Reality series.
12.00 NOON **Extinct or Alive**
1.00 PM **My Cat from Hell**
2.00 **Cake Boss**
4.00 **Yukon Gold**
5.00 **Alaskan Bush People**
6.00 **Aussie Gold Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Guardians of the Glades**
10.00 **Gold Divers**
11.00 **Life Below Zero**
12.00 M'T **Yukon Men**
1.00 AM **Naked and Afraid XL**
2.00 **Kindig Customs**
3.00 **Bear Grylls: Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**
+1 hour 272 214 151

5Action
150 187 150 33 132

9.00 AM **Entertainment News**
9.10 **Traffic Cops**
11.05 **Trucking Hell**
12.10 PM FILM **Duel at Diablo** Western. (1965, 15, 103min) ★★★★
2.20 FILM **7th Cavalry** Western. (1956, U, 77min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
7.00 **Police Interceptors**
8.00 **999: Criminals Caught on Camera**
9.00 FILM **Bloodsport** Action thriller starring Jean-Claude Van Damme. (1987, 18, 92min) ★★
10.55 FILM **Streetfighter** Action drama. (1994, 12, 102min) ★★
1.00 AM **Fights, Camera, Action!** Confrontations.
2.00 **Flights from Hell: Terror in the Skies**
2.55 **Airport 24/7: Thailand**
3.45 **Banged Up Abroad**
4.30 **to 5.00** AM **Winter Road Rescue**

Sky Crime
122 122 820 137 136 348 363

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Police Ten 7**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Road Wars**
12.00 NOON **How I Caught...**
1.00 PM **Catching the Killer**
2.00 **Britain's Most Evil Killers**
3.00 **World's Most Evil Killers**
4.00 **An Unexpected Killer**
5.00 **Killer in My Village**
6.00 **World's Most Evil Killers**
7.00 **How I Caught the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **Made for Murder** New edition
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Mark of a Serial Killer** Documentary.
2.00 **Killer in My Village**
3.00 **An Unexpected Killer**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**
+1 hour 222 207

CBS Reality
146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A sex offender and murderer attacks in a terrifying rage. **7.30** Police officers turn to microscopic clues for answers.
8.00 **Evidence of Evil** A young boy stumbles upon a nightmare scene in his next-door neighbour's house.
9.00 **Injustice with Nancy Grace** The family of Pfc Vanessa Guillen hire a private search team to find her.
10.00 **Murder She Solved**
11.00 **Snapped: Killer Couples**
12.00 M'T **Click for Murder**
1.00 AM **Injustice with Nancy Grace**
2.00 **Murder She Solved**
3.00 **Evidence of Evil**
3.50 **Unsolved Mysteries**
5.20 **to 6.00** AM **Judge Judy**
+1 hour 246 201 136

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From France.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **Homes Under the Hammer** From Kent.
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A record player.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Ambulance**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **My Feet Are Killing Me** New edition Dr Ebonie and Dr Brad have their hands full with three challenging cases.
10.00 **Stuck**
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze
164 216 64 162

6.00 AM **Hardcore Pawn**
7.55 **Unidentified: Inside...**
8.55 **Ancient Aliens**
10.50 **Storage Wars Canada**
11.15 **Storage Wars**
12.10 PM **Pawn Stars: Best Of**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Unidentified: Inside America's UFO Investigation**
7.00 **Auction Kings**
8.00 **Roswell: The First Witness** Documentary.
9.00 **Paranormal: Caught on Camera**
10.00 **Phantom Signals**
11.00 **MysteryQuest**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Wicked Tuna**
2.00 **Auction Kings**
3.00 **The Curse of Oak Island**
3.45 **Counting Cars**
4.10 **Pawn Stars**
4.35 **to 6.00** AM **Pawn Stars: Best Of**
+1 hour 81

TLC
133 133 828 167 323 377

6.00 AM **Say Yes... UK**
8.00 **Say Yes... Lancashire**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **My Big Fat Fabulous Life**
12.00 NOON **Diners, Drive-Ins and Dives**
1.00 PM **Cake Boss**
2.00 **Sister Wives**
4.00 **Dr Pimple Popper**
5.00 **My Big Fat Fabulous Life**
6.00 **Love After Lock Up**
7.00 **Sister Wives**
8.00 **Say Yes... Dubai**
9.00 **I Love a Mama's Boy** New edition Kelly and Matt are alone at last. **10.00** Bryan and Tracy go on a double date with his mother.
11.00 **Hoarding: Buried Alive**
12.00 M'T **Celebrity IOU**
1.00 AM **I Love a Mama's Boy**
3.00 **Hoarding: Buried Alive**
4.00 **Say Yes... UK**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**
+1 hour 233 172

5SELECT
153 152 56 133

9.00 AM **Entertainment News**
9.10 **GPs: Behind Closed Doors** Documentary.
10.10 **The Yorkshire Vet**
12.10 PM **Forged in Fire**
2.00 **GPs: Behind Closed Doors** Triple bill.
5.00 **The Yorkshire Vet**
7.00 **Flight MH370: The Vanishing** The 2014 disappearance of the Malaysia Airlines flight.
8.00 **Flight MH370: The Silence** Relatives of those on board start their own investigations.
9.00 **Flight MH370: Murder at 30,000 Feet?** The safety investigation comes to an end.
10.00 **Forged in Fire**
12.00 M'T **The Pompeii Mystery** Documentary.
1.00 AM **Ben Fogle: New Lives in the Wild**
2.00 **The Highland Vet**
3.00 **GPs: Behind Closed...**
3.50 **to 4.00** AM **Entertainment News**

Quest
144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.20 **Yorkshire Auction House**
7.10 **Shed and Buried**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Motor Pickers**
12.00 NOON **Wheeler Dealers**
1.00 PM **Antiques Road Trip**
2.00 **Shed and Buried**
3.00 **Yorkshire Auction House**
4.00 **Salvage Hunters**
5.00 **Scrap Kings**
6.00 **Wheeler Dealers**
7.00 **Find It, Fix It, Flog It**
8.00 **Salvage Hunters**
9.00 **Salvage Hunters: The Restorers** New edition
10.00 **Salvage Hunters: Classic Cars**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
2.00 **American Chopper**
3.00 **Combat Dealers**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's Made**
+1 hour 244 213 70 168

Quest Red
149 170 40 169

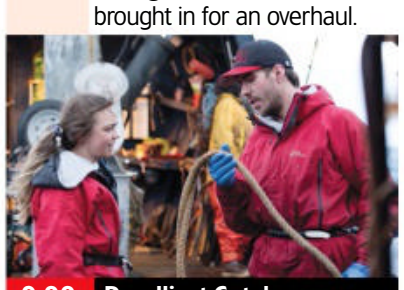
6.00 AM **Say Yes to the Dress: Atlanta**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Animal Cops Miami**
11.00 **Forensic Detectives**
1.00 PM **American Monster**
2.00 **Disappeared**
3.00 **Who the Hell**
4.00 **Say Yes... Lancashire**
5.00 **Say Yes... Atlanta**
7.00 **Long Lost Family**
8.00 **Dr Pimple Popper: Pop Ups** Vinnie is concerned about a big birthmark on his neck.
9.00 **Celebrity IOU** Jeremy Renner is moving his mother to LA to be closer to her family.
10.00 **Women in Prison**
11.00 **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Miami**
5.00 **to 6.00** AM **The Zoo**
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
7.00 **Tanked**
8.00 **Building Off the Grid**
9.00 **Alaskan Bush People**
10.00 **Dive Wars Australia**
11.00 **Wheeler Dealers**
12.00 NOON **Outback Truckers**
1.00 PM **Gold Divers** Double bill.
3.00 **Alaska: Homestead Rescue**
4.00 **Building Off the Grid**
5.00 **Wheeler Dealers** Mike visits Idaho to buy a Karmann Ghia.
6.00 **Kindig Customs** A Cadillac is brought in for an overhaul.



9.00 Deadliest Catch

7.00 Outback Truckers The Bennett Brothers tackle forest tracks to move a huge tree winch.

8.00 Fast N' Loud The Monkeys and guest builder Big Mike race against the clock to finish their 1975 Datsun 280Z.

9.00 Deadliest Catch New edition The work of Alaskan crab fisherman as they brave the waves of the Bering Sea.

10.00 Deadliest Catch Captains undergo safety inspections and emergency training.

11.00 **Supertruckers** Janet, Matt and Chelsea Paul shift a fleet of armoured cars.
12.00 M'T **Expedition Bigfoot** Mireya and Ronny make a powerful discovery.
1.00 AM **Deadliest Catch**
5.00 **to 6.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **America's Cutest Pets**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff gives hope to an owner when their beloved dog is diagnosed with cancer.
6.00 **Extinct or Alive** Searching for an extinct tiger on the island of Java in Indonesia.

8.00 Jungle Shark

7.00 Amanda to the Rescue Amanda Geise is called to save a stray golden retriever mix that was hit by a car.

8.00 Jungle Shark Dr Craig O'Connell and Andy Casagrande explore young bull sharks' instinct to swim up the Serena River.

9.00 Deadliest Sharks Dr Michael Domeier and Dr Barry Bruce profile the deadly oceanic white tip sharks.

10.00 The Last Alaskans As darkness falls, Heimo finds himself caught miles from home in the wilderness.

11.00 **Born Mucky: Life on the Farm** A potent pest threatens crops on Tom's farm. **12.00** M'T Thieves strike before harvest in Herefordshire.
1.00 AM **The Last Alaskans**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Air Crash Investigation**
10.00 **Car S.O.S** Double bill.
12.00 NOON **Lost Treasures of the Maya** The city of El Palmar.
1.00 PM **Lost Treasures of Egypt**
2.00 **Nazi Megastructures**
3.00 **Killer U-Boats: Drains the Oceans** How the development of U-boats changed the shape of naval warfare.
4.00 **Wicked Tuna**
5.00 **Ice Road Rescue** The police pile on the pressure on Thord. **6.00** Ole Henrik must make a life-threatening decision.

7.00 Air Crash Investigation

7.00 Air Crash Investigation An investigation into South Korea's worst ever air disaster.

8.00 Bin Laden's Spy in America The work and eventual arrest of Osama bin Laden's right-hand man, who infiltrated the US Military as a teacher of Middle Eastern politics and culture for more than 20 years.

10.00 JFK: The Lost Bullet Re-examining the film that captured John F Kennedy's assassination in Dallas in November 1963.

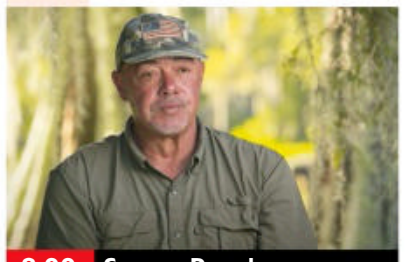
11.00 **Air Crash Investigation**
12.00 M'T **Drugs Inc** Exploring the global narcotics trade.
1.00 AM **Narco Wars**
2.00 **Trafficked with Mariana Van Zeller** Documentary.
3.00 **Banged Up Abroad**
4.00 **to 5.00** AM **Nazi Megastructures**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Phantom Signals**
8.00 **Counting Cars**
9.00 **American Pickers**
11.00 **Clash of the Gods**
12.00 NOON **Dog the Bounty Hunter: Most Wanted**
1.00 PM **The Curse of Oak Island**
2.00 **Phantom Signals**
3.00 **Counting Cars**
4.00 **Deep Water Salvage**
5.00 **The Nostradamus Effect** Hidden meanings behind Leonardo da Vinci's paintings.
6.00 **Pawn Stars** Double bill.



8.00 Swamp People

7.00 Forged in Fire The smiths are asked to forge blades from either a large suspension cable or a thin piano wire.

8.00 Swamp People New edition Ronnie and Ashley face a dangerous situation when they come across a gas leak.

9.00 Buried: Knights Templar and the Holy Grail Investigating the Knights Templar's secretive military force.

10.00 Revolutions: The Ideas That Changed the World Jim Al-Khalili presents a look at the history of rocket technology.

11.00 **Top Secret UFO Projects Declassified** Documentary.
12.00 M'T **The Real War of Thrones**
1.00 AM **Swamp People**
2.00 **Counting Cars**
3.00 **Top Secret UFO Projects Declassified**
4.00 **Phantom Signals**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Antiques Roadshow**
8.00 **Secret Nazi Bases**
9.00 **World War Weird**
10.00 **Abandoned Engineering**
12.00 NOON **The Architecture the Railways Built**
1.00 PM **Great Continental Railway Journeys**
2.00 **Abandoned Engineering**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** A Japanese secret society's repeated attempts to kill Charlie Chaplin.
6.00 **Great Continental Railway Journeys** A visit to Germany.

8.00 Rick Stein's Secret France

7.00 Abandoned Engineering A group of imposing buildings in Australia, and a strange town with a supernatural atmosphere.

8.00 Rick Stein's Secret France Rick's journey continues on the Spanish border and the Mediterranean coast.

9.00 Bangers and Cash A series of head-turning supercharged cars head to the Mathewson's auction room.

10.00 Bangers and Cash Three MGs from the 1970s turn up at the garage, still covered in original factory wax.

11.00 **Abandoned Engineering** A formerly luxurious villa on the island of Rhodes that has been ravaged by acts of revenge by locals since 1955.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 200 75

Wednesday 7 PM 8 PM 9 PM 10 PM

Disc. History

177 257

6.00 AM **Expedition Unknown**
7.00 **The Alaska Triangle**
8.00 **Unsolved History**
9.00 **Secret Space Escapes**
10.00 **How the Universe Works**
11.00 **The Alaska Triangle**
12.00 NOON **Combat Dealers**
1.00 PM **Expedition Unknown**
2.00 **Greatest Events of World War II**
3.00 **UFOs: The Lost Evidence** Documentary.
4.00 **Mysteries at the...**
5.00 **Devonport: Inside the Royal Navy**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Aliens In Alaska**
10.00 **Inside the Space Shuttle**
11.00 **Ultimate Warfare**
12.00 M'T **Combat Dealers**
2.00 AM **Inside the Space...**
3.00 **Ultimate Warfare**
4.00 **UFOs: The Lost...**
5.00 **to 6.00** AM **Mysteries at the Museum**

+1 hour 277 261

Eden

166 245 247

9.00 AM **Big Animal Surgery**
10.00 **Natural World: Africa's Fishing Leopards**
11.00 **Yellowstone**
12.00 NOON **The Life of Mammals** Documentary.
2.00 PM **Wild Arabia**
3.00 **The Ganges with Sue Perkins** Double bill.
5.00 **Yellowstone**
6.00 **The Life of Mammals**
7.01 **Big Animal Surgery**
8.00 **Natural World: Africa's Fishing Leopards**
9.00 **The Ganges with Sue...**
10.00 **The Life of Mammals**
11.00 **Big Animal Surgery**
12.00 M'T **Natural World: Africa's Fishing...**
1.00 AM **Yellowstone**
2.00 **The Ganges with Sue...**
3.00 **Wild Arabia**
3.50 **Big Animal Surgery**
4.40 **Natural World: Africa's Fishing Leopards**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animals Gone Wild**
9.00 **Africa's Deadliest**
12.00 NOON **Snakes in the...**
1.00 PM **Birth of Europe**
4.00 **Monster Fish**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The zoo says goodbye to two male giraffes and welcomes a female.
8.00 **Snakes in the City** Mbali's training shifts up a gear.
9.00 **Ten Deadliest Snakes with Nigel Marven** The naturalist takes a look at snakes from the Philippines. **10.00** Exploring Brazil's dangerous serpents.
11.00 **Snakes in the City**
12.00 M'T **Animals Gone Wild**
1.00 AM **Monster Fish**
2.00 **Animals Gone Wild**
3.00 **to 5.00** AM **Africa's Deadliest**

Sky History 2

163 163 840 272

8.00 AM **Hunting Nazi...**
9.00 **Alien Files: Unsealed**
10.00 **World's Greatest Treasure Mysteries**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Superstructures**
1.00 PM **Digging Up Britain's Past**
2.00 **Hunting Nazi Treasure**
3.00 **Ancient Aliens**
4.00 **Alien Files: Unsealed**
5.00 **Lock N' Load**
6.00 **Treasures Decoded**
7.00 **Digging Up Britain's...**
8.00 **Ancient Superstructures**
9.00 **Britain's War of Thrones: The Hundred Years War**
10.00 **Paranormal: Caught on Camera**
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Britain's War of...**
3.00 **Paranormal: Caught...**
4.00 **Ancient Superstructures**
5.00 **to 6.00** AM **Digging Up Britain's Past**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Plane Crash Recreated**
9.35 **Hitler's Circle of Evil**
10.45 **Spitfire Paddy**
11.55 **Battle Honours**
1.00 PM **Mutant Weather**
2.00 **Plane Crash Recreated**
3.05 **Hitler's Circle of Evil**
4.15 **Spitfire Paddy**
5.20 **Battle Honours**
6.30 **Plane Crash Recreated**
7.35 **Hitler's Circle of Evil** The demise of Nazi militant Ernst Rohm.
8.45 **NEW Spitfire Paddy** The story of an Irish pilot who was an ace fighter pilot with the RAF.
9.50 **Battle Honours** The Desert Rats, the armoured units who spearhead the Allied advance into Nazi-occupied Europe.
10.55 **Plane Crash Recreated**
12.00 M'T **Hitler's Circle of Evil** As 7.35pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 209

6.00 AM **Homicide Hunter**
8.00 **The First 48**
10.00 **Killer in Plain Sight**
11.00 **Motive to Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Homicide Hunter**
2.00 **Homicide: Hours to Kill**
3.00 **Unusual Suspects**
4.00 **I Lived with a Killer**
5.00 **Robbie Coltrane's Critical Evidence**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **On the Case**
9.00 **I Lived with a Killer**
10.00 **Fear Thy Roommate**
11.00 **Homicide Hunter**
12.00 M'T **Meet, Marry, Murder**
1.00 AM **What the Killer Did Next** Documentary.
2.00 **Robbie Coltrane's Critical Evidence**
3.00 **Unusual Suspects**
4.00 **On the Case**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

WEDNESDAY Films

Wednesday

Sky Cinema Premiere

301 301 848 401 501 515

6.00 AM **The Survivor** As 5.40pm.
8.15 **Clifford the Big Red Dog**
10.00 **The Electrical Life of Louis Wain** As shown at 8.00pm.
12.00 NOON **Sundown** Drama. (2021, 15, 82min) ★★★★
1.30 PM **King Richard** As 10.05pm.
4.00 **Clifford the Big Red Dog** Adventure with Jack Whitehall. (2021, PG, 96min) ★★★
5.40 **The Survivor** Fact-based drama starring Ben Foster. (2021, 15, 129min) ★★★★

8.00 The Electrical Life of...

8 PM

8.00 **The Electrical Life of Louis Wain** Biographical drama starring Benedict Cumberbatch. Artist Louis Wain rises to prominence at the end of the 19th century for his surreal cat paintings. With Claire Foy and Andrea Riseborough. (2021, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.05 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.50 AM **Zola** Crime comedy. (2020, 18, 86min) ★★★★
2.25 **Lansky** Crime drama. (2021, 18, 119min) ★★★
4.25 **Cinema List: Unlikely Heroes**
4.40 **to 6.20** AM **Sundown** (2021)

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.05 AM **Kindred** As 3.10am.
8.00 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
10.05 **Locked Down** (2021, 15) ★★
12.05 PM **Escape Room: Tournament of Champions** Horror sequel. (2021, 15) ★★
1.45 **Transformers** Sci-fi adventure. (2007, 12, 143min) ★★★★
4.10 **Monster Hunter** Fantasy. (2020, 12, 103min) ★★
5.55 **Knowing** Sci-fi mystery thriller. (2009, 15, 116min) ★★★★

5.55 Knowing

8.00 **Peter Rabbit 2** Family comedy with the voice of James Corden. Bored of life in the garden, Peter goes to the big city, where he meets shady characters and ends up creating chaos for his whole family. (2020, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Extinct** Animated adventure featuring the voices of Adam Devine and Rachel Bloom. (2021, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Under Siege 2** Action thriller sequel with Steven Seagal, Eric Bogosian and Everett McGill. (1995, 18, 99min) ★★★
1.15 AM **Every Breath You Take** Thriller starring Casey Affleck and Michelle Monaghan. (2021, 15, 105min) ★★★
3.10 **Kindred** Horror with Tamara Lawrance and Jack Lowden. (2021, 15, 101min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

6.00 AM **Charlotte's Web** (2006)
7.45 **Adventures of Sharkboy...**
9.25 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
11.35 **Earth to Echo** As 6.30pm.
1.15 PM **Proximity** As 1.20am.
3.20 **The Adventures of Sharkboy and Lavagirl** Fantasy. (2005, U, 93min) ★★★
5.00 **Cats & Dogs 3: Paws Unite!** Adventure. (2020, U) ★★
6.30 **Earth to Echo** Sci-fi adventure. (2014, PG, 89min) ★★★

8.10 Five Children and It

8.10 **Five Children and It** Fantasy adventure based on the classic book by E Nesbit, starring Kenneth Branagh, Zoë Wanamaker and Freddie Highmore. (2004, U, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Mirror Mirror** Comedy fantasy based on the classic fairy tale, starring Julia Roberts, Lily Collins and Armie Hammer. (2012, PG, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Charlotte's Web** Screen version of EB White's book starring Dakota Fanning and featuring the voices of Julia Roberts, Steve Buscemi, John Cleese and Oprah Winfrey. (2006, U, 97min) ★★★
1.20 AM **Proximity** Sci-fi drama with Ryan Masson, Highdee Kuan and Christian Prentice. (2020, PG, 119min) ★★
3.25 **Five Children and It** (2004)
5.05 **to 7.00** AM **Mirror Mirror**

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **Trauma Centre** (2019)
7.45 **Fall of a Kingdom** Adventure. (2019, 15, 104min) ★★★
10.00 **Abduction** As 2.40am.
11.50 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
2.00 PM **Lucy** Sci-fi thriller. (2014, 15, 90min) ★★★
3.45 **Mortal Kombat** Adventure. (2021, 15, 110min) ★★
5.45 **Sherlock Holmes** Adventure starring Robert Downey Jr. (2009, 12, 128min) ★★★★

5.45 Sherlock Holmes

8.00 **Sherlock Holmes: A Game of Shadows** Action adventure sequel starring Robert Downey Jr. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

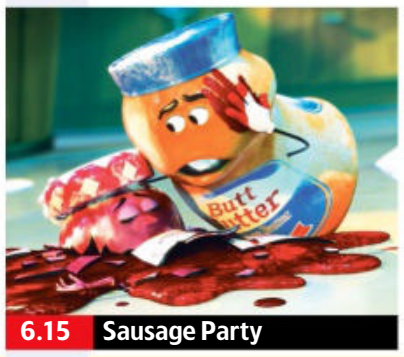
10.15 **Warrior** Action drama with Joel Edgerton and Tom Hardy. Two bitterly estranged brothers enter a $5million winner-takes-all Mixed Martial Arts tournament in Atlantic City. (2011, 12, 139min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Riders of Justice** Danish action comedy. Subtitled. (2021, 15, 116min) ★★★★
2.40 **Abduction** Action horror. (2019, 15, 98min) ★★
4.25 **to 6.00** AM **Trauma Centre** Thriller. (2019, 15, 87min) ★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **23 Walks** As 5.15am.
8.45 **Barb & Star Go to Vista Del Mar** Comedy. (2021, 15) ★★★
10.45 **Madea's Witness Protection** Comedy. (2012, 12) ★★★
12.50 PM **Black Sheep** Comedy. (1996, 12, 87min) ★★
2.30 **Leap of Faith** Comedy drama. (1992, PG, 107min) ★★★
4.30 **An American Pickle** Comedy. (2020, 12, 88min) ★★★
6.15 **Sausage Party** Animation. (2016, 15, 89min) ★★★


6.15 Sausage Party

8.00 **The Guilt Trip** Comedy starring Seth Rogen and Barbra Streisand. A chemist reluctantly brings his fussy mum on a road trip to promote a miracle cleaning fluid. (2012, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Friends with Benefits** Romantic comedy starring Mila Kunis and Justin Timberlake. (2011, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **You Don't Mess with the Zohan** Comedy starring Adam Sandler and John Turturro. (2008, 12, 112min) ★★★
1.45 AM **Sex Drive** Teen comedy starring Josh Zuckerman. (2008, 15, 104min) ★
3.40 **I Want Candy** Comedy starring Carmen Electra. (2007, 15, 86min) ★★★★
5.15 **to 7.00** AM **23 Walks** Romantic comedy drama. (2020, 12, 102min) ★★

Sky Cinema Greats

304 304 849 404 504 518

6.35 AM **The English Patient** (1996)
9.30 **Ben-Hur** As shown at 3.15am.
1.15 PM **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
3.10 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
5.15 **The English Patient** Anthony Minghella's epic romantic drama starring Ralph Fiennes. (1996, 15, 166min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **The Magic Roundabout**
7.30 **Open Season** Animation. (2006, PG, 86min) ★★★★
9.00 **Open Season 2** As 6.30pm.
10.20 **PAW Patrol: The Movie** As 5pm.
11.50 **Happy Feet** Animated musical comedy adventure. (2006, U, 108min) ★★★★
1.40 PM **Happy Feet Two** Animated musical comedy sequel. (2011, U, 100min) ★★★

TCM Movies

315 415 416

6.05 AM **Sugarfoot** 10/20. (S2)
7.10 **Maverick** 5/32. (S4)
8.20 **Kelly's Heroes** Wartime action comedy starring Clint Eastwood. (1970, PG, 143min) ★★★★
11.15 **Sugarfoot** 11/20. (S2)
12.20 PM **Maverick** 6/32. (S4)
1.30 **The Raiders** Western with Jim McMullan. (1963, U, 75min) ★★
3.05 **The Man Behind the Gun** Western. (1952, U, 82min) ★★

Talking Pictures

328 445 82 306

6.00 AM **Pot O' Gold** Comedy. (1941, b/w, U, 85min) ★★★
7.45 **Inner Sanctum** Film noir thriller. (1948, b/w, PG, 61min) ★★
9.00 **Love Me Tender** Western. (1956, b/w, U, 95min) ★★
10.45 **Strange Holiday** Thriller. (1945, b/w, PG, 61min) ★★
12.00 NOON **Operation Amsterdam** World War Two thriller. (1959, b/w, U, 104min) ★★★

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

primetime

8.00 **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
10.20 **Zulu** Epic adventure starring Michael Caine and Stanley Baker, about a small British garrison attacked by a force of 4000 Zulu warriors at Rorke's Drift. (1963, PG, 138min) ★★★★★

12.50 AM **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★
3.15 **to 7.05** AM **Ben-Hur** Spectacular multi-Oscar-winning epic starring Charlton Heston and Stephen Boyd. (1959, PG, 212min) ★★★★★

3.25 **Planet 51** Animated adventure. (2009, U, 86min) ★★★
5.00 **PAW Patrol: The Movie** Animated adventure. (2021, U, 86min) ★★★
6.30 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
8.00 **The Magic Roundabout** Animated comedy adventure. (2005, U, 82min) ★★★
9.30 **The Prince of Egypt** Animation featuring the voice of Val Kilmer. (1998, U, 99min) ★★★★

11.15 **Bobbleheads: The Movie** Animation. (2020, PG) ★★
12.45 AM **Planet 51** As 3.25pm.
2.20 **The Giant Pear** Animation. (2017, U, 79min) ★★
3.45 **The Prince of Egypt** (1998)
5.30 **to 6.30** AM **Alpha & Omega 3: Great Wolf Games** (2014) ★★

4.50 **North by Northwest** Alfred Hitchcock's classic thriller. (1959, PG, 136min) ★★★★★
7.40 **Massacre Canyon** Western with Philip Carey and Audrey Totter. (1954, b/w, PG, 66min) ★★
9.00 **From Dusk Till Dawn** Horror starring George Clooney and Harvey Keitel. Two crooks kidnap a preacher and his children. (1995, 18, 108min) ★★★
11.15 **Lethal Weapon** Action comedy thriller starring Mel Gibson. (1987, 18, 110min) ★★★★

1.30 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
3.15 **Off Set** With Ben Miller.
3.30 **Close Up** Triple bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

2.00 PM **Secret Army** 11/13. (S3)
3.05 **Saddle Up**
3.15 **Lust for Gold** Western. (1949, b/w, PG, 90min) ★★
5.05 **Saddle Up**
5.15 **The Parson and the Outlaw** Western. (1957, b/w, U) ★★
6.45 **Saddle Up**
6.50 **Edgar Wallace Mystery Theatre**
8.00 **Rumpole of the Bailey** (S7)
9.10 **Hands of the Ripper** Horror thriller. (1971, 15, 85min) ★★
10.50 **Zombies** Short documentary.
11.00 **The Champions** 17/30. (S1)

12.00 M'T **Hazell** 4/10. (S1)
1.00 AM **Callan** 14/15. (S2)
2.00 **Widows** 4/6. (S1)
3.00 **All in a Night's Work** Romantic comedy. (1961, U, 100min) ★★
4.50 **Glimpses: Magic Feet**
5.00 **to 6.00** AM **Target: The Corruptors**

5.00 PM **Independence Daysaster** Sci-fi thriller starring Ryan Merriman. (2013, PG, 90min) ★
6.50 **This is HorrorXtra**
7.00 **Battlestar Galactica** *Lost Planet of the Gods – Part Two:* 5/24. The fleet discover a planet long thought to be mythical. (S1)
8.00 **Mutant X** *Kilohertz:* 5/22. Adam attempts to stop a rampaging mutant. (S1)
9.00 **The Burning** Horror with Brian Matthews, Leah Ayres and Brian Backer. (1981, 18, 91min) ★★★

10.50 **The Toybox** Horror starring Denise Richards and Mischa Barton. (2017, 15, 95min) ★
12.45 AM **This is HorrorXtra**
12.55 **Battlestar Galactica**
2.00 **to 3.00** AM **Mutant X**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Last Job** Crime thriller. (2021, 15, 98min) ★
7.50 **The Bygone** As 4.10am.
9.50 **Into the Labyrinth** As 1.55am.
12.05 PM **Side Effects** Psychological thriller starring Jude Law. (2013, 15, 106min) ★★★★
2.05 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
4.00 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
6.00 **Let Him Go** Crime drama. (2020, 15, 113min) ★★★

9.45 The Little Things

8.00 **Those Who Wish Me Dead** Crime drama starring Angelina Jolie. A teenage murder witness finds himself pursued by twin assassins in the Montana wilderness. (2021, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Little Things** Crime drama starring Denzel Washington. A deputy sheriff becomes embroiled in the search for a serial killer. (2021, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Muscle** Psychological thriller starring Craig Fairbrass, Cavan Clerkin and Polly Maberly. (2020, b/w, 15, 110min) ★★★★
1.55 AM **Into the Labyrinth** Mystery with Dustin Hoffman, Toni Servillo and Valentina Belle. Partly subtitled. (2019, 15, 130min) ★★★★
4.10 **to 6.00** AM **The Bygone** Crime drama starring Shawn Hatosy and Jacqueline Toboni. (2019, 15, 115min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Good Will Hunting** Drama. (1997, 15, 126min) ★★★★
8.10 **Gridiron Gang** (2006, 12) ★★
10.20 **The Young Victoria** Drama. (2008, PG, 100min) ★★★★
12.10 PM **Four Good Days** Drama. (2021, 15, 100min) ★★★★
2.00 **The Cider House Rules** Drama. (1999, 12, 124min) ★★★★
4.15 **Steel Magnolias** Comedy drama. (1989, PG) ★★★★
6.15 **54** Fact-based drama. (1998, 15, 89min) ★

4.15 Steel Magnolias

8.00 **Eat Pray Love** Glossy romantic drama based on Elizabeth Gilbert's memoir, starring Julia Roberts. A frustrated New Yorker sets off on a year-long journey of self-discovery to Rome, India and Bali. With Javier Bardem, Richard Jenkins, James Franco and Billy Crudup. (2010, PG, 139min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **Foxcatcher** Fact-based drama starring Steve Carell, Channing Tatum and Mark Ruffalo. (2014, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Django Unchained** Quentin Tarantino's Western starring Jamie Foxx. (2012, 18, 162min) ★★★★
3.45 **to 6.00** AM **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder. (1994, U, 114min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.50 AM **The Final Wish** (2019)
8.30 **In the Earth** As 4.45am.
10.25 **Alien Parasite** As 1.25am.
12.05 PM **Dual** Sci-fi thriller. (2022, 15, 94min) ★★★★
1.50 **Minor Premise** Sci-fi thriller. (2020, 15, 95min) ★★★
3.40 **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
5.40 **Hulk** Sci-fi fantasy with Eric Bana and Jennifer Connelly. (2003, 12, 138min) ★★★

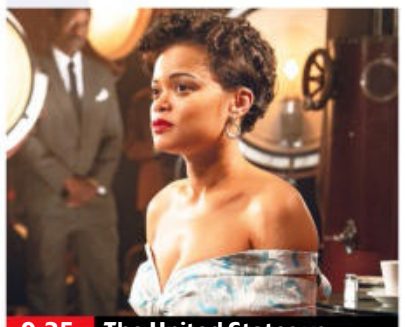
9.50 Godzilla vs Kong

8.00 **Fantastic Four** Fantasy starring Ioan Gruffudd, Jessica Alba, Chris Evans and Michael Chiklis. Four astronauts gain incredible powers after being engulfed by a cosmic storm in outer space. (2005, PG, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.50 **Godzilla vs Kong** Sci-fi action adventure starring Alexander Skarsgård, Millie Bobby Brown and Rebecca Hall. (2021, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Candyman** Horror chiller starring Virginia Madsen. (1992, 18, 97min) ★★★★
1.25 AM **Alien Parasite** Sci-fi thriller with Jolene Anderson. (2019, 15, 94min) ★★
3.05 **The Final Wish** Horror thriller with Michael Welch and Lin Shaye. (2019, 15, 95min) ★★
4.45 **to 6.35** AM **In the Earth** Ben Wheatley's horror starring Joel Fry and Reece Shearsmith. (2021, 15, 107min) ★★★

Sky Cinema Music

302 302 856 402 502 516

6.40 AM **Oh! What a Lovely War**
9.10 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
11.20 **School of Rock** Comedy. (2003, PG, 109min) ★★★
1.20 PM **Grease 2** Musical sequel. (1982, PG, 109min) ★
3.20 **Almost Famous** Cameron Crowe's rock 'n' roll drama. (2000, 15, 126min) ★★★★
6.10 **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★

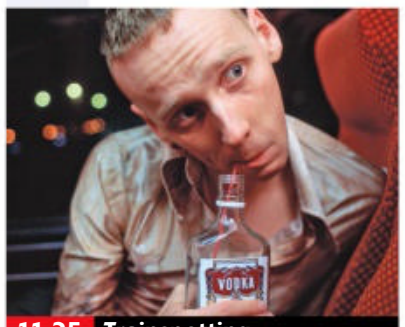

9.35 The United States vs...

8.00 **Bill and Ted's Excellent Adventure** Comedy with Keanu Reeves and Alex Winter. Two Californian teens go time-travelling through history. (1988, PG, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.35 **The United States vs. Billie Holiday** Biopic with Andra Day. The singer is targeted by the Federal Department of Narcotics with a sting operation led by a former lover. (2021, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.50 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
2.00 AM **Oh! What a Lovely War** Richard Attenborough's satirical anti-war musical starring Ralph Richardson. (1969, PG, 144min) ★★★★
4.25 **to 6.10** AM **The Wizard of Oz** Classic musical fantasy starring Judy Garland. (1939, U, 98min) ★★★★★

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Ministry of Fear** Thriller. (1943, b/w, PG, 85min) ★★★★
12.45 PM **Tomahawk** Western. (1950, PG, 82min) ★★
2.25 **The Black Tent** Romantic drama. (1956, U, 93min) ★★
4.15 **High Noon** Western. (1952, b/w, U, 85min) ★★★★★
6.05 **Exodus: Gods and Kings** Biblical epic starring Christian Bale and Joel Edgerton. (2014, 12, 147min) ★★★


11.25 Trainspotting

Exodus: Gods and Kings (film started at 6.05pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Alita: Battle Angel** Sci-fi action adventure starring Rosa Salazar and Christoph Waltz. In the 26th century, cyborg Alita is repaired by a kindly technician with a dark secret. With Jennifer Connelly. (2019, 12, 122min) ★★★★ 9 PM 10 PM
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Trainspotting** Danny Boyle's black comedy drama based on the cult novel by Irvine Welsh, starring Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle. (1996, 18, 93min) ★★★★★ 11 PM
1.15 **to 3.40** AM **Lords of Chaos** Horror thriller starring Rory Culkin and Emory Cohen. (2019, 18, 118min) ★★★

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **Running Wild** Adventure. (1995, PG, 98min) ★★
7.50 **The Woman on Pier 13** Thriller. (1949, b/w, PG, 73min) ★★★
9.15 **Split Second** Suspense thriller. (1953, b/w, PG, 85min) ★★
10.55 **Hannibal** Historical action drama. (1959, PG, 103min) ★
1.00 PM **The Charge of the Light Brigade** Satirical period drama. (1968, PG, 130min) ★★★
3.55 **On Dangerous Ground** Thriller. (1951, b/w, PG, 82min) ★★★★
5.35 **Hunt the Man Down** Thriller. (1951, b/w, PG, 69min) ★★
7.05 **Submarine Attack** World War Two drama starring Lois Maxwell. (1954, 12, 89min) ★★
9.00 **Das Boot** The director's cut of Wolfgang Petersen's German World War Two drama starring Jürgen Prochnow. Subtitled. (1981, 12, 149min) ★★★★★
11.55 **Back to Bataan** Action drama. (1945, b/w, PG, 97min) ★
1.40 AM **Marine Raiders** War drama. (1944, b/w, PG, 90min) ★★
3.25 **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★
4.35 **to 6.00** AM **Tomorrow We Live** War drama. (1942, b/w, U) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Lethal Beauty** Thriller. (2018, 12, 90min) ★★
11.00 **Past Obsessions** Thriller. (2011, 12, 91min) ★★
1.00 PM **Left for Dead** Thriller. (2014, PG, 87min) ★
2.45 **Flawless** Drama starring Sarah Fisher. (2020, PG, 100min) ★★
4.25 **Where Angels Fear to Tread** EM Forster drama with Helen Mirren. (1991, PG, 118min) ★★
6.45 **The Net** Thriller starring Sandra Bullock and Jeremy Northam. A computer expert becomes entangled in a web of intrigue when she stumbles upon a hi-tech conspiracy. (1995, 12, 115min) ★★★
9.00 **Panic Room** Thriller starring Jodie Foster. A newly divorced woman and her daughter become trapped in a hidden chamber in their home by three burglars. With Forest Whitaker. (2002, 15, 112min) ★★★
11.15 **Get Carter** Thriller remake. (2000, 15, 102min) ★★★
1.30 AM **Vincent N Roxxy** Drama. (2016, 15, 102min) ★★★
3.45 **to 6.00** AM **Stand Your Ground** Drama. (2013, PG, 107min) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Wings at War 3: Liberation of Europe**
7.05 **Nautilus** Sci-fi adventure. (2000, PG, 97min) ★★
9.10 **Oceans Rising** Disaster thriller. (2016, 12, 99min) ★
11.00 **Starsky & Hutch** (S1)
1.00 PM **She Wore a Yellow Ribbon** Epic John Ford Western starring John Wayne and Joanne Dru. (1949, U, 103min) ★★★★
3.10 **The Big Sky** Western. (1952, b/w, U, 122min) ★★★
5.35 **Submarine Raider** Wartime drama. (1942, U, 64min) ★★
7.00 **Underwater!** Adventure starring Jane Russell and Gilbert Roland. (1955, U, 99min) ★★
9.00 **Butterfly on a Wheel** Thriller starring Pierce Brosnan, Maria Bello and Gerard Butler. A couple's perfect life is destroyed by a psychopath whose first move is to kidnap their daughter. (2007, 15, 95min) ★
10.55 **First Kill** Thriller starring Bruce Willis and Hayden Christensen. (2017, 15, 97min) ★★
1.00 AM **Starsky & Hutch** (S1)
3.00 **to 4.00** AM **The Blitz on Cologne**

+1 hour 324

Movies 24

325 419

7.00 AM **Christmas Tree Lane**
9.00 **Sister Swap: Christmas in the City** As shown at 9pm.
11.00 **Christmas Unleashed** As 11pm.
1.00 PM **Coyote Creek Christmas**
3.00 **A Christmas to Cherish** Romantic comedy starring Peter Porte. (2019, U, 100min) ★★
5.00 **Christmas by the Book** Romantic drama with Chelsea Kane. (2018, PG, 90min) ★★
7.00 **Christmas Tree Lane** Romantic drama starring Alicia Witt. A woman aims save a shopping district from demolition, but it turns out that her new beau is linked to the property developer. (2020, PG, 89min) ★★
9.00 **Sister Swap: Christmas in the City** Comedy with Ashley Williams and Kimberly Williams-Paisley. A woman working in her parents' bakery spends Christmas running her sister's restaurant. (2021, PG, 90min) ★★
11.00 **Christmas Unleashed** Drama. (2019, PG, 86min) ★★
1.00 AM **Coyote Creek Christmas** Drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas to Cherish** As shown at 3pm.

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TLL LATE

8.00 PM **Austin Powers: International Man of Mystery** *Comedy Central* Spy spoof written by and starring Mike Myers as a Swinging Sixties photographer and secret agent who is revived from suspended animation in the 1990s to defeat his old adversary. ★★★★
9.00 **Ronin** *ITV4* Thriller with Robert De Niro. A group of intelligence officers are hired to steal a mysterious briefcase. ★★★
9.00 **Rocketman** *4Seven* Biopic starring Taron Egerton. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. ★★★★
9.00 **Bloodsport** *5Action* Thriller starring Jean-Claude Van Damme and Donald Gibb. ★★
10.55 **Streetfighter** *5Action* Martial arts action drama starring Jean-Claude Van Damme. ★★
11.05 **The 12 Disasters of Christmas** *Syfy* Festive disaster movie starring Ed Quinn. ★★
11.30 **Gangster Squad** *ITV4* Crime thriller starring Josh Brolin and Ryan Gosling. ★★★

Wednesday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News** Round-up of the latest sports news, with live analysis, comment and interviews.
7.00 **Good Morning Euros** Round-up of the latest news from the UEFA Women's Euro 2022.
10.00 **Sky Sports News** Round-up of the latest sports news, with live analysis, comment and interviews.
12.00 NOON **Euro Matchday** The latest news and match updates from UEFA Women's Euro 2022.
3.00 PM **Euro Matchday** The latest news and match updates from UEFA Women's Euro 2022.
6.00 **Test Cricket Bitesize**
6.15 LIVE **Vitality T20 Blast** Coverage of a quarter-final, as the sides contest a place in the last four.
10.00 **Sky Sports News** Round-up of the latest sports news, with live analysis, comment and interviews.
10.00 **Sky Sports News** Round-up of the latest sports news, with live analysis, comment and interviews.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 AM **Sky Sports News** Round-up of the latest sports news.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Sol Campbell**
7.30 **PL Legends: Robert Pires**
8.00 **Best PL Goals: Newcastle v Liverpool** Memorable strikes.
8.30 **Best PL Goals: Liverpool v Man Utd** Memorable strikes.
9.00 **Premier League 100 Club**
10.00 **PL Retro** Chelsea v Manchester United from the 2011/12 season.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 07/08**
5.00 **Premier League 100 Club**
6.00 **PL Legends: Thierry Henry**
6.30 **Premier League Stories**
7.00 **Premier League** Wolverhampton Wanderers v Southampton.
9.00 **Premier League Stories**
9.30 **Gary Neville's Soccerbox**
10.00 **Premier League Icons**
10.30 **PL Retro** Liverpool v Manchester City from the 2013/14 season.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Greatest Games**
9.00 **EFL Play-off Final C'ship 20/21**
10.00 **EFL Play-off Final C'Ship 19/20**
11.00 **EFL Play-off Final C'ship 18/19**
12.00 NOON **EFL Highlights**
2.00 PM **EFL Play-off Final League 2 20/21** Action from Newport County v Morecambe.
3.00 **EFL Highlights**
6.00 **MLS Round-Up Show** A review of the latest round of fixtures.
6.30 **EFL Cup Highlights** Action from Aston Villa v Liverpool.
7.00 Action from Oxford United v Manchester City.
7.30 A replay of Manchester United v Manchester City.
8.00 Leicester City v Aston Villa.
8.30 Aston Villa v Leicester City.
9.00 A replay of Manchester City v Manchester United.
9.30 **EFL Cup Final 20** Aston Villa v Manchester City in the final.
10.30 **Best Goals: Carabao Cup 2019/20** Highlights show.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
3.00 AM **EFL Cup Retro**
4.00 **Best Goals: Carabao Cup 2019/20** Highlights show.
4.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Vitality T20 Blast Cricket** Yorkshire Vikings v Sussex Sharks.
10.00 **Vitality T20 Blast Cricket** Action from Nottinghamshire Outlaws v Hampshire Hawks.
1.30 PM **Vitality T20 Blast Cricket** Somerset v Lancashire Lightning.
5.00 **Test Cricket Bitesize** England v India: Highlights from day one.
5.15 England v India: Highlights from day two at Egbaston.
5.30 England v India: Highlights from day three at Egbaston.
5.45 England v India: Highlights from day four at Egbaston.
6.00 England v India: Highlights from day five at Egbaston.
6.15 LIVE **Vitality T20 Blast Cricket** Coverage of a quarter-final, as the sides contest a place in the last four.
10.00 **Test Cricket Bitesize**
11.15 **2015 T20 Blast Final**
11.55 **Atherton's History of Old Trafford** Documentary.
12.00 M'T **Vitality T20 Blast Cricket**
3.45 AM **2015 T20 Blast Final**
4.25 **Atherton's History of Old...**
4.30 **Vitality T20 Blast Cricket**
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **DP World Tour Golf**
8.00 **PGA EuroPro Tour Golf**
10.00 **DP World Tour Golf**
11.00 **PGA Tour Golf** Highlights of the John Deere Classic.
12.00 NOON **PGA EuroPro Tour Golf**
2.00 PM **The Open Films: Ballesteros 1984**
3.00 **The Open Films: Faldo 1990**
4.00 **The Open Films: Woods 2000**
5.00 **The Open Films: Woods 2005**
6.00 **The Open – Official Films**
7.00 **European Challenge Tour Golf**
7.30 **The Open Roadtrip**
8.00 **PGA Tour: The Cut** A look behind the scenes of the tour.
8.30 **European Challenge Tour Golf** Action from the Italian Challenge.
9.00 **St Andrews – 150th Open Film** A commemorative film created to mark The 150th Open.
11.00 **PGA Tour: The Cut** A look behind the scenes of the tour.
11.30 **European Challenge Tour Golf** Action from the Italian Challenge.
12.00 M'T **The Open Films: Ballesteros 1984**
1.00 AM **The Open Films: Faldo 1990**
2.00 **PGA Tour: The Cut**
2.30 **European Challenge Tour Golf**
3.00 **to 6.00** AM **DP World Tour Golf**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **WSL Presents**
7.00 **WWE Monday Night Raw**
9.30 **ESPN FC** Football news.
10.00 **FIH Hockey Women's World Cup**
12.00 NOON **FIH Hockey Women's World Cup** Japan v South Africa.
1.00 PM **FIH Hockey Women's World Cup** New Zealand v England.
2.00 **FIH Hockey Women's World Cup**
3.00 **FIH Hockey Pro League Magazine** The latest news.
3.30 LIVE **FIH Hockey Women's World Cup Ireland v Germany.** Push-back 3.30pm.
5.30 **Premier League Stories**
6.00 **BT Sport Reload**
6.30 LIVE **FIH Hockey Women's World Cup Netherlands v Chile.** Push-back 6.30pm.
8.30 LIVE **FIH Hockey Women's World Cup Australia v South Africa.** Push-back 8.30pm.
10.30 **FIH Hockey Women's World Cup**
11.30 **Badminton Unlimited**.
12.00 M'T LIVE **MLB St Louis Cardinals v Atlanta Braves.** Start-time 12.20am.
3.30 AM **UFC: The Ultimate Fighter**
4.30 **BT Sport Reload**
5.00 **to 6.00** AM **WSL Presents**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **AFL**
12.00 NOON **Badminton**
2.00 PM **Motorsport: DTM**
3.00 **Formula Regional European Championship** Action from the fifth round of the season at Circuit Zandvoort in the Netherlands.
3.30 **World Rallycross Championship Highlights**
4.30 **Badminton Unlimited**
5.00 LIVE **FIH Hockey Women's World Cup Japan v Belgium.** Coverage of the Pool D match from Estadi Olimpic de Terrassa. Push-back 5.00pm.
7.00 LIVE **MLB Minnesota Twins v Chicago White Sox.** Coverage of the American League Central match at Guaranteed Rate Field. Start-time 7.00pm.
10.30 **UFC: The Ultimate Fighter**
11.30 **UFC** Another chance to see Israel Adesanya v Jared Cannonier.
2.30 AM **FIM Enduro World Champs**
3.00 **FIM Sidecar World Championship Highlights**
4.00 **The Volleyball Show**
4.30 **Boxing: Foreman v Pires 1971**
5.00 **Boxing: Frazier v Stander 1972**
5.30 **to 6.00** AM **Boxing: Frazier v Quarry II 1974**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1 Highlights**
10.00 **Canadian Premier League** HFX Wanderers v Atletico Ottawa.
11.00 A look back at highlights of Pacific FC v Cavalry FC.
12.00 NOON Action from FC Edmonton v York United.
1.00 PM A look back at highlights of Forge FC v Atletico Ottawa.
2.00 **Fishing: On the Bank**
3.00 **World Seniors Darts Matchplay** A look back at highlights from the tournament in Hull.
5.00 **WWE SmackDown Highlights**
6.00 **WWE Raw Highlights**
7.00 **Irish Rally Review** Highlights of the Donegal International Rally.
8.00 **The Aussie Rules Show**
9.00 **WWE NXT**
10.45 **WWE NXT UK**
11.45 **WWE Raw Highlights**
12.45 AM **BT Sport Reload**
1.00 **Motorsport: DTM** Action from the fourth round of the season at Norisring in Germany.
2.00 **World Rallycross Championship Highlights**
3.00 **Irish Rally Review**
4.00 **Polo Rider Cup**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL: America's Game**
7.00 **NFL Highlights**
8.00 **World Cup of Darts**
12.00 NOON **International Rugby Union** Argentina v Scotland.
3.00 PM **NFL Bitesize Highlights** Action from Kansas City Chiefs v Cincinnati Bengals in the AFC Championship Game.
3.15 **NFL Highlights** Los Angeles Rams v San Francisco 49ers in the NFC Championship game.
4.15 **WNBA** Another chance to see Atlanta Dream v Seattle Storm.
6.00 **International Rugby Union** Another chance to see South Africa v Wales in the first Test.
9.00 **International Rugby Union** A re-run of Australia v England.
10.00 **Fight Night International** Another chance to see Naoya Inoue v Michael Dasmarinas.
11.00 **NFL Hard Knocks: Dallas Cowboys** A look at the ups and downs of pre-season training for the Dallas Cowboys as they await the 2021 NFL season.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 AM **NFL Highlights**
2.00 **to 6.00** AM **World Cup of Darts**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Fighting Fit 2020**
7.00 **Fit In 5**
7.30 **My Icon** Nasser Hussain.
7.45 **My Icon** Johnny Nelson.
8.00 **Super League Highlights**
10.00 **Super League's Supermen**
11.00 **Premier League Darts** A replay of the fifth night of the tournament at Brighton Centre.
2.30 PM **Super League Highlights**
3.00 **Fighting Fit 2020**
4.00 **Fit In 5**
4.30 **My Icon** John Amaechi.
4.45 **My Icon** Duke McKenzie.
5.00 **Super League Highlights**
6.00 LIVE **WNBA Chicago Sky v Minnesota Lynx.** Coverage of the match from Target Centre. Tip-off 6.00pm.
8.00 **Premier League Darts** The sixth night of the tournament at Motorpoint Arena Nottingham.
11.30 **Super League Highlights**
1.00 AM **Mose Masoe: Behind the Smile** The former Samoa international talks about his recovery from a spine injury.
1.45 **Netball Superleague** A replay of the game between Team Bath and Loughborough Lightning.
3.45 **to 6.00** AM **NBA Basketball**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **ESPN FC** Football news.
6.30 **ESPN SportsCenter**
6.45 **Around the Horn**
7.15 **Pardon the Interruption**
7.45 **ESPN SportsCenter**
8.00 **MLB: Mariners @ Padres**
11.00 **MLB Quick Pitch**
12.00 NOON **ESPN FC** Football news.
12.30 PM **ESPN SportsCenter**
12.45 **Around the Horn**
1.15 **Pardon the Interruption**
1.45 **ESPN SportsCenter**
2.00 **MLB: Cardinals @ Braves**
5.00 **MLB Quick Pitch**
6.00 **ESPN SportsCenter**
6.15 **Around the Horn**
6.45 **Pardon the Interruption**
7.15 **ESPN SportsCenter**
7.30 **MLB Plays of the Week**
8.00 **ESPN Films Presents**
12.00 M'T **MLB Plays of the Week**
12.30 AM **The Aussie Rules Show**
1.30 **AFL** Action from Brisbane Lions v Western Bulldogs.
3.30 **to 6.00** AM **CFL**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The Breakaway**
7.00 **Climbing World Cup**
8.00 **Tennis: Wimbledon**
9.30 **The Judo Show**
10.45 **Cycling: Tour de France**
11.45 **Tour de France: The Breakaway**
12.15 PM LIVE **Cycling: Tour de France** Coverage of stage five.
5.00 **Cycling: Giro d'Italia – Women**
6.25 **Eurosport News**
6.30 **The Power of Sport**
7.00 **FIA World Endurance Champs**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Cycling: Giro d'Italia – Women**
11.05 **Cycling: Tour de France**.
12.00 M'T **Tour de France: The...**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **The Power of Sport**
4.00 **Tennis: Wimbledon**
5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Highlights**
9.00 **Electric Touring Car Racing**
9.45 **Motorsport: ESET V4 Cup**
10.00 **Formula E**
11.00 **Archery World Cup**
12.00 NOON **Tennis: Wimbledon**
1.30 PM **Motocross World Champs**
2.00 **World Superbikes**
4.00 **FIA World Endurance Champs**
5.00 **Formula E** The Monaco ePrix.
6.00 **Motocross World Champs**
7.00 **Olympic Games: Before They Were Superstars**
8.00 **Climbing World Cup**
9.00 **Electric Touring Car Racing**
9.30 **Tarran Mackenzie: Behind the Visor**
9.35 **Roland-Garros**
10.00 **Tennis: Wimbledon**
11.30 **Formula E**
12.20 AM **BSB Vault**
12.30 **Cycling: Tour de France**
1.30 **Tour de France: The Breakaway**
2.00 **Tennis: Wimbledon**
3.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.00 **Netball Superleague**
9.15 **High Tops**
9.45 **NBA Basketball**
11.15 **Women's Super League**
11.30 **Super League Highlights**
12.00 NOON **Top Rank Boxing Archive**
3.00 PM **S/Lge Retro: Magic Weekend** St Helens v Warrington Wolves from 2013.
5.00 **Super League Highlights**
6.00 LIVE **WNBA Chicago Sky v Minnesota Lynx.** Coverage from Target Centre. Tip-off 6.00pm.
8.00 **NBA Basketball** Action from Los Angeles Clippers v Miami Heat.
10.00 **Top Rank Boxing Archive** Marvin Hagler v Roberto Duran.
11.30 **Top Rank Boxing Archive** George Foreman v Gerry Cooney.
12.00 M'T **Super League Highlights**
12.30 AM **Muggsy: Always Believe**
2.00 **Netball Superleague**
4.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **F1: Best of 2021**
11.00 **Formula 1**
1.15 PM **Porsche Supercup**
1.50 **Russell Riding High**
2.00 **W Series**
2.45 **Formula 3 Championship**
3.45 **Formula 2 Championship**
5.00 **Rachel Interviews Alonso**
5.10 **Brazil 2008 Revisited**
5.20 **Insta Stories With Ricciardo**
5.30 **Formula 1**
7.45 **The Notebook**
8.15 **Return of The Mag**
8.25 **Johnny in Jones' Champ Car**
8.30 **Off Track**
8.45 **Russell Riding High**
8.55 **Ted & the VR Car**
9.00 **The Weekend Debrief**
9.30 **Formula 1**
10.30 **Off Track**
10.45 **Toto & George**
10.55 **Rachel Interviews Ricciardo**
11.00 **The Weekend Debrief**
11.30 **Formula 1**
12.30 **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

Thursday

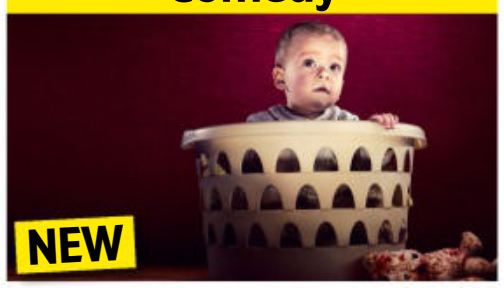
7 July

Evening Planner

Golf

Scottish Open
Sky Sports Main Event/Golf, from 8am
Fresh from missing out on last month's US Open title, Scottie Scheffler will be hoping for a strong opening round today

Comedy



The Baby
Sky Atlantic, 9pm & 9.40pm
A young woman who is nowhere near motherhood is forced to rethink her life when a baby lands, literally, in her lap

Drama

The Undeclared War
C4, 9pm
As the cyber thriller continues, coder Saara (Hannah Khalique-Brown) starts to make some unlikely friends at GCHQ

Documentary

The Toys That Built the World
Sky History, 10pm
A look at some of the iconic toy brands, starting with Mattel, creator of the Slinky

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 EastEnders	7.30 Football: Women's Euro 2022 – Live: Norway v Northern Ireland (Kick-off 8.00)					10.10 News; Local News	
102 BBC2	◂ 12.30 Wimbledon – Live		8.00 Today at Wimbledon		9.00 Gardeners' World		10.00 Mortimer &...	10.30 Newsnight
103 ITV	◂ 6.30 News	7.30 Emmerdale		8.30 Pensions...	9.00 Million Pound Pawn		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Sarah Beeny's Little House, Big Plans		9.00 The Undeclared War		10.00 Ghislaine Maxwell: The Making of a...	
105 CHANNEL 5	7.00 Our Great Yorkshire Life		8.00 Live: Summer on the Farm		9.00 The Hotel Inspector		10.00 Ben Fogle: New Lives in the Wild	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 The Lazarus Project		10.00 The Midwich Cuckoos	
ENTERTAINMENT								
117 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Scam City: Money, Mayhem and Maseratis		10.10 Everything I Know About Love	
116 BBC4	7.00 Life of a Mountain: A Year on Helvellyn			8.30 French and...	9.00 Film: Dangerous Liaisons			
118 ITV2	7.00 Bob's Burgers		8.00 Superstore		9.00 Love Island		10.05 Iain Stirling's CelebAbility	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY		7.55 Devon and Cornwall		9.00 Coroner		10.00 24 Hours in Police Custody	
135 E4	7.00 Hollyoaks	7.30 Neighborhood	8.00 Below Deck		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 9-1-1		10.00 FBI & FBI: Most Wanted	
108 SKY ATLANTIC	◂ 6.10 The Wire		7.55 Game of Thrones		9.00 The Baby		10.15 Euphoria	
110 GOLD		7.20 Dad's Army: The Lost...	8.00 The Good Life		9.15 Men Behaving Badly			10.35 Live at...
111 DAVE	7.00 Richard Osman's...	7.40 Room 101			9.00 QI XL: Quizmas		10.00 Late Night Mash	
119 ITV3	7.00 Heartbeat		8.05 Vera				10.05 Blue Murder	
120 ITV4	7.00 Tour de France Highlights		8.00 Monster Carp			9.30 River Monsters	10.00 Film: Aliens	
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Lee Evans: Roadrunner	
152 SYFY	7.00 Quantum Leap		8.00 Star Trek: Deep Space Nine		9.00 Grimm		10.00 Film: Asteroid-a-geddon	
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 The Lazarus Project		10.00 The Midwich Cuckoos	
132 ALIBI	7.00 Rizzoli & Isles		8.00 Death in Paradise		9.00 Murdoch Mysteries		10.00 Clarice	
130 SKY ARTS	7.00 Too Young to Die		8.00 The Directors		9.00 David Crosby: Remember My Name			
DOCUMENTARY								
125 DISCOVERY	7.00 Outback Truckers		8.00 Fast N' Loud		9.00 Naked and Afraid XL			
162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Guardians of Rescue				10.00 The Last Alaskans	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Last of the Giants: Wild Fish		9.00 Wicked Tuna		10.00 Lawless Island	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Treasures Decoded		9.00 The Real War of Thrones		10.00 The Toys That Built the World	
155 YESTERDAY	7.00 Abandoned Engineering		8.00 Secrets of the London Underground		9.00 Train Truckers		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Inside the Freemasons		8.00 Veleno: The Town of Lost Children		9.00 Film: Senna			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.55 Resident Evil: Welcome to Raccoon...		8.00 Last Seen Alive			9.40 King Richard		
303 HITS	◂ 6.05 The Boss Baby 2: Family Business		8.00 Nobody			9.45 Under Siege 2		
304 GREATS	◂ 6.05 The Italian Job		8.00 Three Days of the Condor				10.00 Serpico	
305 ANIMATION	◂ 6.50 Penguins of Madagascar			8.25 Rock Dog			10.00 Monster Family	
306 FAMILY	◂ 6.45 Ella Enchanted			8.30 Matilda			10.15 My Friend the Dolphin	
307 ACTION	◂ 5.50 Snow White and the Huntsman		8.00 3 Days to Kill				10.00 One Shot	
308 COMEDY	◂ 6.15 Drillbit Taylor		8.00 White Chicks				10.00 Meet the Parents	
309 THRILLER	◂ 6.00 The Italian Job		8.00 A Few Good Men				10.20 Girl	
310 DRAMA	◂ 6.20 Away We Go		8.00 Marley & Me				10.00 Django Unchained	
311 SCI-FI	◂ 6.00 Star Trek: Nemesis		8.00 Edge of Tomorrow				10.00 Gravity	
302 MUSIC	◂ 6.25 Bill & Ted Face the Music		8.00 Footloose				10.00 People Just Do Nothing: Big in Japan	
313 FILM4		7.05 Fantastic Four			9.00 Freaks			
315 TCM MOVIES	◂ 6.20 West of...	7.30 Gun Fight			9.00 Westworld			
SPORT								
401 MAIN EVENT	◂ 5.30 International T20 Cricket – Live: England v India						10.00 PGA Tour Golf – Live	
402 PREMIER LEAGUE	7.00 Premier League				9.00 PL Stories	9.30 Gary Neville's...	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup Highlights							10.30 Best Goals...
404 CRICKET	◂ 5.30 International T20 Cricket – Live: England v India						10.00 Cricket in Mumbai	
413 BT SPORT 1	◂ 6.15 T20 Cricket – Live: West Indies v Bangladesh						10.00 Fishing: On the Bank	
414 BT SPORT 2	◂ 6.30 FIH Hockey Women's World Cup – Live: India v New Zealand (Push-back 6.30); South Korea v Spain (Push-back 8.30)							10.30 UFC Fight...

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Frontline Fightback** New edition A mother turns to social media after her son's motorbike is stolen in broad daylight. (S)(AD)
10.45 **Expert Witness** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From south Wales and south-east London. (S)(AD)
12.15 PM **Bargain Hunt** From Eccleston in Lancashire. (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 LIVE **Wimbledon** Sue Barker presents coverage of the day 11 from the All England Club, featuring the ladies' singles semi-finals. *Continues on BBC2*. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 Football: Women's Euro 2022

7 PM
7.00 **EastEnders** Devastating news hits Albert Square, and tensions boil over between Peter and Ben. (S)(AD)
7.30 LIVE **Football: Women's Euro 2022** Norway v Northern Ireland: Gabby Logan presents all the action from both teams' opening Group A encounter, held at St Mary's Stadium in Southampton. With analysis from Kelly Smith and Caragh Hamilton, and commentary by Jonathan Pearce and Gail Redmond. Kick-off is at 8.00. *See feature, page 28.* (S)

8 PM

9 PM

10 PM
10.10 **BBC News** (S)
10.40 **Local News** (S)
10.50 **Question Time** Fiona Bruce chairs the topical debate from Barnsley, inviting a panel of guests in to answer questions from the audience. (S)
11.50 **Newscast** Adam Fleming presents the weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.20 AM **Extraordinary Portraits** Amar Stewart paints a portrait of record-breaking British powerlifter Karenjeet Kaur Bains. (S)(R)(AD)
12.50 **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.15 AM **Frontline Fightback** A gang targeting people who buy and sell goods online. (S)(R)(AD)
7.00 **Homes Under the Hammer** Properties in Derby, Cumbria and Lincolnshire. (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** Monty Don plants out sweetcorn, and Sue Kent shares an update on her first show garden. (S) (R)
9.00 **BBC News** (S)
11.45 **Politics Live** (S)
12.30 PM LIVE **Wimbledon** Sue Barker and Isa Guha present coverage of the 11th day's play from the All England Club, where the mixed doubles final is scheduled to take place. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button

9.00 Gardeners' World

7 PM
LIVE **Wimbledon** (started at 12.30pm)

8 PM
8.00 **Today at Wimbledon** Clare Balding and guests present highlights of the 11th day's play at the All England Club, featuring the ladies' singles semi-finals and the mixed doubles final. (S)

9 PM
9.00 **Gardeners' World** New edition Adam Frost, Carol Klein and Joe Swift reveal the highlights of the RHS Hampton Court Palace Garden Festival, the biggest flower show in the world. (S)

10 PM
10.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish for the predatory perch from the banks of the Upper Tamar Lakes. (S)(R)(AD)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Cricket: T20 Highlights** England v India: Action from the opening match in the three-game series, held at the Ageas Bowl. (S)
12.15 AM **Aids: The Unheard Tapes** (R)
1.15 **Sign Zone: Madness of King George: Lucy Worsley Investigates** (S)(R)(AD)
2.15 **Sign Zone: Between the Covers** With Darren Harriott. (S)(R)
2.45 **Sign Zone: My Unique B&B** (S)(R)
3.15 **to 6.15** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.00 **ITV News** (S)
1.25 **Local News** (S)
1.30 LIVE **Racing** Oli Bell presents coverage of day one of the July Festival from Newmarket, including the 2.25 July Stakes and 3.35 Princess of Wales' Stakes, plus action from Carlisle. (S)
4.00 LIVE **Motorsport: Extreme E** Coverage of the Island xPrix I, the third round of the season and the first of a double-header of events from Sardinia, Italy. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Million Pound Pawn

7 PM
7.30 **Emmerdale** Cain is reeling, a poignant night ensues, and Leyla fuels Liam's growing concerns. (S)(AD)

8 PM
8.30 **Tonight: Pensions – How to Save More?** New edition Michelle Ackerley presents advice for boosting retirement funds. (S)

9 PM
9.00 **Million Pound Pawn** New edition 4/5. Dan Hatfield makes a bid to enter the world of equine sales, and Kathy Lyon meets a fashion designer who hopes to sell her luxury bags to fund her fledgling lingerie business. (S)(AD)

10 PM
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **McDonald & Dodds** *The War of the Rose:* 3/4. Social media influencer Rose Boleyn dies during a routine nose job. (S3) (S)(R)(AD)
12.30 AM **Wrestling: AEW Rampage** Hard-hitting wrestling action. (S)
1.20 **Shop: Ideal World**
3.00 **Tour de France Highlights** Action from the sixth stage of the most prestigious race on the calendar, featuring a hilly 220km route from Binche to Longwy. (S)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Garraway's Good Stuff** With Katherine Kelly and Giovanna Fletcher. (S)(SL)(R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.35 AM **3rd Rock from the Sun** (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.15 **Frasier** 7-9/24. (S4) (S)(R)(AD)
9.45 **The Big Bang Theory** (S)(R)(AD)
11.05 **Car S.O.S** A Toyota Celica. (S)(R)
12.05 PM **News** (S)
12.10 **Ramsay's 24 Hours to Hell and Back** From New Jersey. (S)(R)(AD)
1.05 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **Find It, Fix It, Flog It** New edition From Buckinghamshire. (S)(AD)
4.00 **A Place in the Sun** New edition From Charente, western France. (S)
5.00 **Come Dine with Me: The Professionals** New edition Culinary contest from Nottingham. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** A shocking revelation from a surprise guest causes drama at Luke's funeral. (S)(AD)

5.00 Come Dine with Me: The...

7 PM
7.00 **News** (S)
7.55 **The Political Slot** New edition Jonathan Ashworth MP discusses the Labour Party's plans to tackle pensioner poverty. (S)

8 PM
8.00 **Sarah Beeny's Little House, Big Plans** New edition The property expert meets a couple who have gutted their house in the countryside, tearing down every wall to make way for an extension. (S)(AD)

9 PM
9.00 **The Undeclared War** New episode 2/6. Cyber thriller. Saara combs through the text in the virus, looking for passwords. She also gets more familiar with the players at GCHQ and makes some unlikely friends. (S1) (S)(AD)

10 PM
10.00 **Ghislaine Maxwell: The Making of a Monster** Series finale 3/3. How the socialite narrowly escaped an initial police investigation into the sexual abuse of underage girls and tried to reinvent herself as an environmentalist. (S)(AD)
11.05 **999: On the Front Line** (S)(R)
12.05 AM **Kitchen Nightmares USA** (R)
1.00 **Inside Poundland: Secrets from the Shop Floor** (S)(SL)(R)(AD)
1.55 FILM **10 Cloverfield Lane** Thriller. (S) (2016, 12, 105min) ★★★★
3.40 NEW **Iris Prize Best British Short: Baby Boy** Short film. (S)
4.00 **Couples Come Dine with Me** (R)
4.55 **Location, Location, Location** (R)
5.50 **Sunday Brunch Best Bits** (S)(R)
5.55 **to 6.35** AM **Countdown** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.15 PM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.10 **News** (S)
1.15 **Home and Away** (S)
1.45 **Neighbours** (S)
2.15 FILM **Nightmare Tenant** Revenge thriller starring Lauralee Bell, Virginia Tucker and Heather Hopkins. (S) (2018, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Featuring two cousins who run a fish and chip shop on the Costa del Sol. (S)(R)
5.00 **News with Dan Walker** (S)
6.00 **Neighbours** Amy avoids Toadie and Melanie as they celebrate their engagement. (S)(R)(AD)
6.30 **Eggheads** Quiz show. (S)(R)

9.00 The Hotel Inspector

7.00 NEW SERIES **Our Great Yorkshire Life** *Emmerdale*'s Dean Andrews shows the region's wonders to co-star and Lancastrian Liam Fox, starting with a trip to Malham in the Dales. (S)
7.55 **News** (S)
8.00 **Live: Summer on the Farm** New edition 4/5. Helen Skelton and Martin Hughes-Games present the penultimate show from Cannon Hall Farm in south Yorkshire. (S)
■ Concludes tomorrow
9.00 **The Hotel Inspector** New edition 4/6. Alex Polizzi visits The Pack o' Cards, an inn with rooms in Combe Martin on the north Devon coast, owned and run by husband-and-wife team Chris and Debbie. (S)
10.00 **Ben Fogle: New Lives in the Wild** Ben reunites with a couple living off the west coast of Australia, and discovers the issues they have overcome to make a home for themselves on a desert island. (S)(R)
11.00 FILM **Cold Pursuit** Action drama starring Liam Neeson, Laura Dern and Micheal Richardson. (S) (2019, 15, 135min) ★★★
1.15 AM **LeoVegas Live Casino Show**
3.15 **World's Most Scenic Railway Journeys** From Utah. (S)(SL)(R)
4.00 **Britain's Greatest Bridges** The Humber Bridge. (S)(SL)(R)(AD)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **to 5.35** AM **House Doctor** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Dogs with Extraordinary Jobs** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 12/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S1) (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
2.00 **MacGyver** (S1) (S)(R)(AD)
3.00 **Impossible Animals** (S)(R)(AD)
4.00 **Modern Family** (S3) (S)(R)
5.00 **The Simpsons** *Pay Pal:* Homer upsets a new neighbour. (S)(R)
5.30 **The Fresh Prince of Bel Air** 11/24. Hilary's chat show is shown on national TV. (S)(R) **6.00** 12/24. The Banks family join a health club. (S6) (S)(R)
6.30 **The Simpsons** *Covercraft:* Homer takes up bass guitar and forms a band. (S)(R)

11.00 The Flight Attendant

7.00 **The Simpsons** *The Man Who Came to Be Dinner:* The Simpson family visit the home planet of Kang and Kodos.(S) (R) **7.30** *Bart's New Friend:* Homer is hypnotised into thinking he is a boy. (S)(R)
8.00 **An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival in which people throw coloured dye at one another, and pays a visit to the Taj Mahal. (S)(R)
9.00 **The Lazarus Project** New episode 4/8. George puts his plan into motion, unaware that a Lazarus agent is hot on his heels – and is prepared to do anything to stop him. (S1) (S)
■ Entire series on Sky Box Sets
10.00 **The Midwich Cuckoos** New episode *Not an Ice-Cream:* 6/7. Two years later, peace and harmony returns to Midwich. But a government initiative threatens everything. (S1)
■ Entire series on Sky Box Sets
11.00 **The Flight Attendant** Series finale 8/8. Cassie connects the dots in a far-reaching conspiracy. (S2) (S)
12.00 M'T **Sex and the City** 15&16/18. (S4) (S)(R)
1.10 AM **Road Wars** (S)(R)
2.05 **Brit Cops: Law & Disorder** (R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **MacGyver** (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
No variations
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations
WALES
Sky **952**, Virgin **864**, Freesat **964**
No variations

BBC2

N. IRELAND
Sky **972**, Freesat **969**
No variations
WALES
Sky **971**, Freesat **971**
No variations

ITV

As main ITV except:
WALES
10.45pm Backstage New edition (S) **11.10** Junk and Disorderly (S)(R) **12.05-12.30am** Wales on TV (S)(R)

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Bwrdd i Dri (AD) **12.30** Heno **1.00** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** LIVE Seiclo: Le Tour de France **4.40** Bing **4.45** Caru Canu **4.50** Byd Tad-Cu **5.00** Stwnsh **6.00** Dau Gi Bach (AD) **6.25** Chwedloni New edition **6.30** Dan Do **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Y Fets New edition (AD) **10.00** Seiclo: Le Tour de France **10.30** Am Dro! (AD) **11.30pm-12.05am** Pobol y Penwythnos

TV&Satellite week
Best for Sky and Virgin

BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** A visit to the Nürburgring circuit.
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** 2/8. The competitors attempt to impress an Oscar-winning prosthetics artist.
9.00 **Scam City: Money, Mayhem and Maseratis** Mobeen Azhar investigates the story of a 20-year-old medical student. **9.40** Mobeen hopes to find answers for the people who believe they were scammed.
10.10 **Everything I Know About Love** 5/7. The girls throw a party, but Birdy is hesitant to join in. (S1)
10.55 **Ellie & Natasia**
11.30 **Man Like Mobeen**
11.50 **Hungry for It**
12.50 AM **The Big Proud Party Agency** Double bill.
1.50 **Queen of Trucks**
2.20 **Scam City: Money, Mayhem and Maseratis**
3.30 **to 4.00** AM **People Just Do Nothing**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Life of a Mountain: A Year on Helvellyn** Documentary capturing a year in the life of the Lake District's most popular peak.
8.30 **French and Saunders Go to the Movies** Compilation of cinematic spoofs.
9.00 FILM **Dangerous Liaisons** Period drama starring Glenn Close, John Malkovich and Michelle Pfeiffer. A pair of decadent 18th-century French aristocrats embark on a cynical plot of seduction and revenge. (1988, 15, 120min) ★★★★
10.55 FILM **The Wife** Drama starring Glenn Close. (2017, 15, 96min) ★★★★
12.30 AM **Sam Taylor-Johnson: Life Cinematic** The director reveals the films that have influenced her career.
1.30 **Age of the Image** 3/4. The use of images to sell fantasies of a better life.
2.30 **to 3.30** AM **Royal History's Biggest Fibs with Lucy Worsley**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **The Block: Big Renovation Challenge** New edition The block is complete as the teams hand over their final rooms of the challenge apartment.
5.55 **Heir Hunters** A name change leads to a family mystery stretching back more than 100 years.
6.55 **Escape to the Chateau: DIY** Stephanie restores an old chateau carriage for her mother's wedding.
7.55 **Devon and Cornwall** Dartmoor woodman John Williamson takes on new apprentice Jordan Harris.
9.00 **Coroner** 3/8. Jenny's personal interest in the case of a lab assistant's death threatens to complicate the investigation. (S2)
10.00 **24 Hours in Police Custody** A coroner asks police to look into the sudden death of a 48-year-old woman.
11.00 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.05 **Coroner** As 9pm.
2.05 **24 Hours in Police Custody** As 10pm.
3.10 **to 3.40** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Black-ish**
8.00 **The Big Bang Theory**
8.30 **Ramsay's Kitchen Nightmares USA**
9.30 **Married at First Sight Australia** Reality show.
11.00 **The Goldbergs**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Young Sheldon**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory** Four episodes. (S4&10)
7.00 **Hollyoaks** Cindy begins to question whether she can cope without Luke.
7.30 **The Neighborhood** New episode 19/22. Calvin and Tina offer to throw a party for Yoli, a teen who Calvin is mentoring. (S4)
8.00 **Below Deck** New edition The crew pull off a once-in-a-lifetime surprise dinner for the primary guests.
9.00 **Gogglebox** *Line of Duty, Naked Attraction* and *I Can See Your Voice* are appraised.
10.00 **Naked Attraction** A model and a veterinary student choose dates.
11.05 **First Dates**
12.10 AM **Gogglebox**
1.15 **Rick and Morty**
1.50 **Tuca & Bertie** New episode
2.15 **Below Deck**
3.05 **Naked Attraction**
4.00 **The Big Bang Theory**
4.25 **to 6.00** AM **Melissa & Joey**

+1 hour 235 | 146 | 30 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Road Wars**
10.00 **UK Border Force**
11.00 **Law & Order** 3/24. (S15)
12.00 NOON **Private Eyes** 4/8. (S5)
1.00 PM **Blue Bloods** 17/22. Eddie and Jamie find a bomb. (S5)
2.00 **The Equalizer** 9/18. McCall fights to prove a rapper is innocent of murder. (S2)
3.00 **Stop, Search, Seize**
4.00 **UK Border Force**
5.00 **Nothing to Declare**

10.00 Private Eyes

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Thicker Than Water:* 5/22. Danny and Baez investigate a murder attempt against a fertility doctor. (S9)

9 PM

9.00 **9-1-1** *Kids Today:* 1/18. Athena enlists the 118's help when a teenager speeds out of control on the freeway. (S3)

10 PM

10.00 **Private Eyes** *In the Arms of Morpheus:* 1/8. Angie hears someone being threatened from her hospital room. (S5)
11.00 **FBI: Most Wanted** 15/15. Jubal enlists Jess and his team to find a rogue DEA agent. (S2)
12.00 M'T **The Equalizer** 9/18. (S2)
1.00 AM **The Force: Manchester**
3.00 **Road Wars**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Four editions.
10.00 **The Sopranos** 9&10/13. (S3)
12.15 PM **Game of Thrones** (S6)
1.20 **Boardwalk Empire** (S4)
3.30 **The Sopranos** 11/13. Christopher and Paulie endure a hellish journey. **4.35** 12/13. Tony's affair with Gloria turns violent. (S3)
5.40 **In Treatment** Paul conducts his first session with Sophie. (S1)
6.10 **The Wire** 10/10. Last episode of the crime drama. Carcetti orders a cover-up. (S5)

9.00 The Baby

7.55 **Game of Thrones** *Battle of the B*******:* 9/10. The Starks prepare to fight, Davos loses something dear, while Ramsay plays a game and Daenerys faces a choice. (S6)

9.00 **NEW SERIES The Baby** 1/8. Comedy drama with Michelle de Swarte. **9.40** 2/8. Natasha tries to find the baby's mother. *See feature, page 6.* (S1)
■ Entire series on Box Sets
10.15 **Euphoria** *Made You Look:* 3/8. Jules falls for a boy online. (S1)
11.20 **Blocco 181** 3/8. The aftermath of the heist means trouble at the Block. Subtitled. (S1)
12.25 AM **ZeroZeroZero** 6/8. (S1)
1.30 **Dexter: New Blood** (S1)
3.35 **In Treatment** (S1)
4.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Stargate SG-1** (S1)
8.00 **The Flash** 7/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **Supergirl** 13/23. (S3)
11.00 **NCIS: New Orleans** (S1)
1.00 PM **Hawaii Five-0** (S6)
2.00 **MacGyver** 19/21. (S1)
3.00 **DC's Legends of Tomorrow**
4.00 **The Flash** 8/23. (S3)
5.00 **Supergirl** 13/23. J'onn, Winn and Mon-El team up to fix the Legion ship. (S3)
6.00 **Stargate SG-1** 12/22. Teal'c tries to save his son. (S1)

9.00 The Lazarus Project

7.00 **Stargate SG-1** *Fire and Water:* 13/22. The team returns from an expedition with the news that Jackson was killed. (S1)

8.00 **An Idiot Abroad** 2/8. Karl Pilkington arrives in India, where he attends a spring festival and pays a visit to the Taj Mahal.

9.00 **The Lazarus Project** New episode 4/8. George puts his plan into motion. (S1)
■ Entire series on Box Sets

10.00 **The Midwich Cuckoos** New episode *Not an Ice-Cream:* 6/7. Peace returns to Midwich. (S1)
■ Entire series on Box Sets
11.00 **The Flight Attendant** Series finale 8/8. Cassie manages to connect the dots in a far-reaching conspiracy. (S2)
12.00 M'T **The Flash** 15/18. (S8)
1.00 AM **Road Wars**
2.00 **Brit Cops: Law & Disorder**
3.00 **Hawaii Five-0** 1/25. (S6)
4.00 **MacGyver** 19/21. (S1)
5.00 **to 6.00** AM **Highway Cops**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **World's Funniest Videos**
6.30 **Love Bites**
7.30 **Dress to Impress**
8.25 **You've Been Framed!**
9.20 **Hart of Dixie** 19/22. (S3)
10.15 **One Tree Hill** 18/22. (S3)
11.10 **The O.C** 12/25. (S3)
12.05 PM **Supermarket Sweep**
1.05 **Alan Carr's Epic Gameshow**
2.05 **Family Fortunes** (S2)
3.05 **Hart of Dixie** 20/22. (S3)
4.00 **One Tree Hill** 19/22. (S3)
5.00 **The O.C** 13/25. (S3)
6.00 **Celebrity Catchphrase**

10.05 Iain Stirling's CelebAbility

7.00 **Bob's Burgers** 8/22. Gene has a falling out. **7.30** 9/22. Tina and her science partner contact aliens. (S9)

8.00 **Superstore** 17/22. The district manager arrives. **8.30** 18/22. The store plays host to local small businesses. (S3)

9.00 **Love Island** New edition The latest events from the villa as the singles get on with their routine of dating and flirting.

10.05 **Iain Stirling's CelebAbility** New edition With Amy Dowden and Janine Harouni.
10.50 **Family Guy** 6/21. (S9)
11.20 **Family Guy** 17/20. Peter ends up in a coma after he has a car accident. (S18)
11.50 **American Dad!** 17&11/18. Double bill of episodes. (S8)
12.50 AM **Superstore** (S3)
1.45 **All American** (S2)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Classic Coronation Street**
7.00 **Classic Emmerdale**
8.05 **George and Mildred**
9.15 **A Touch of Frost**
11.35 **The Royal**
12.40 PM **Heartbeat**
1.45 **Classic Emmerdale**
2.50 **Classic Coronation Street**
3.50 **Agatha Christie's Poirot** *The Chocolate Box:* The sleuth returns to Belgium.
4.55 **George and Mildred**
6.00 **Downton Abbey** 3/9. Edith's big day arrives. (S3)

8.05 Vera

7.00 **Heartbeat** *Smile for the Camera:* Mike and Jackie suffer a terrifying ordeal at the hands of a stalker out for revenge.

8.05 **Vera** *Broken Promise:* The detective investigates when a student falls to his death in mysterious circumstances, so Vera turns to friends and family to glean all she can about the dead man.

10.05 **Blue Murder** *The Spartacus Thing:* 3/4. A recently released prisoner is strangled. Guest stars Tom Bell. (S3)
11.40 **A Touch of Frost** *The Things We Do for Love:* When a woman is found dead in a car park, the list of suspects leads Jack into the heart of a religious community.
1.55 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Scottish Cup Classics** Action from Rangers v Queen of the South in 2008.
7.30 **Power to the People** A look at how the socialist movement took their fight to Parliament.
8.00 **Beechgrove** New edition Calum Clunie and Carole Baxter focus on gardening that does not cost a fortune.
8.30 **The Great Food Guys** Nick and Dougie cook Asian fusion food.
9.00 **The Nine**
10.00 **The Islands and the Whales** Documentary exploring the impact of pollution on whaling in the Faroe Islands.
11.20 **Limmy's Homemade Show** Limmy has a lifesaving idea.
11.50 PM **to 12.00** M'T **Who Are Peat & Diesel?**

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **The Fresh Prince of Bel Air** 13&14/24. (S6)
9.00 **A.P. Bio** 2&3/13. (S2)
10.00 **Modern Family** (S3)
11.00 **Girls** 5-7/12. (S3)
12.45 PM **Curb Your Enthusiasm** (S3)
2.30 **The Office (US)** (S4)
3.00 **Will & Grace** (S2)
4.00 **Modern Family** (S3)
5.00 **The Office (US)** (S4)
5.30 **Fresh Prince of Bel Air**
6.30 **Sunnyside** 9/11. (S1)
7.00 **A.P. Bio** 4-5/13. (S2)
8.00 **Miracle Workers: Dark Ages** 8/10. Al and Prince Chauncley attend a lecture on astronomy. **8.30** 9/10. Al and Prince Chauncley make plans for their futures. (S2)
9.00 **Sex and the City** (S3)
10.15 **Breeders** 7&8/10. (S2)
11.15 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.10 AM **Entourage** (S1&2)
2.15 **Curb Your Enthusiasm**
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Discovering**
11.00 **Music Icons**
11.30 **Video Killed the Radio Star** Toyah Willcox.
12.00 NOON **The Adventurers of Modern Art**
1.00 PM **Tales of the Unexpected**
2.00 **I, Claude Monet**
3.00 **Classic Albums**
4.00 **Tales of the Unexpected**
5.00 **Discovering**
6.00 **Portrait Artist 2020**
7.00 **Too Young to Die**
8.00 **The Directors**
9.00 **David Crosby: Remember My Name**
11.00 **Comedy Legends**
12.00 M'T **Reinventing the Orchestra with Charles Hazlewood**
1.00 AM **I Hate Jane Austen By Giles Coren**
2.00 **Cold War Steve Meets the Outside World**
4.00 **Discovering: Al Pacino**
5.00 **to 6.00** AM **Auction**

Pick

159 156 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S6)
5.00 **Star Trek: The Next Generation** (S6)
6.00 **Stargate Atlantis** (S4)
7.00 **Hawaii Five-0** (S5)
8.00 **Snapped**
9.00 **Law & Order: Organized Crime** (S1)
10.00 **Grimm** 21/23. (S5)
11.00 **World's Most Evil Killers**
12.00 M'T **Britain's Most Evil Killers** David Heiss.
1.00 AM **Force: North East**
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Impractical Jokers**
10.00 **Bob's Burgers** (S11)
11.00 **Friends** (S8&10)
7.00 PM **Friends** 15/18. Rachel worries about relocating to France. **7.30** 16/18. The gang throw a going-away party for Rachel. **8.00** 17&18/18. The last episode. Monica and Chandler wait for Erica to give birth. (S10)
9.00 **Michael McIntyre's Big Show** With Little Mix and Holly Willoughby.
10.00 **Lee Evans: Roadrunner**
11.00 **Ugly Americans** (S1)
12.00 M'T **Russell Brand in New York** Stand-up.
1.00 AM **The Ricky Gervais Show** 7&8/13. (S3)
2.00 **South Park** (S16)
3.00 **Zach Galifianakis: Comedy Central Live**
3.25 **Jeff Dunham: Comedy Central**
3.50 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 179 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Be Beautiful**
12.10 PM **The Real Housewives of Dallas**
1.10 **Sam and Billie: The Mummy Diaries**
2.10 **The Only Way Is Marbs**
3.10 **Million Dollar Listing: LA** New edition
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date.**
9.00 **Botched**
10.00 **Vanderpump Rules** New edition Schwartz comes clean about pitting Katie against Sandoval.
10.55 **Million Dollar Matchmaker**
11.55 **The Only Way Is Marbs**
12.45 **to 1.00** AM **Unwind**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Tenable**
7.40 **Robin of Sherwood**
8.40 **The Professionals**
9.45 **Minder**
10.50 **Robin of Sherwood**
11.55 **Made in Britain**
1.00 PM **Tour de France Highlights** Stage five.
2.00 LIVE **Tour de France** Coverage of the sixth stage, featuring a hilly 220km route from Binche to Longwy.
5.00 **Minder**
6.00 **Made in Britain**

10.00 Aliens

7.00 **Tour de France Highlights** Action from the sixth stage, featuring a hilly 220km route from Binche to Longwy.
8.00 NEW SERIES **Monster Carp** Tom Dove and Neil Spooner being a new adventure in the south of France, where the lads try to land the sought-after wild carp of Salagou.
9.30 **River Monsters** Deaths in the waters of America's tourist hotspots.
10.00 FILM **Aliens** Sci-fi action thriller starring Sigourney Weaver. (1986, 15, 137min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.50 AM FILM **True Grit** Western remake with Jeff Bridges and Hailee Steinfeld. A teenage girl seeking to avenge her father's murder turns to a drunken US Marshal for assistance. (2010, 15, 110min) ★★★★
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Most Haunted US**
7.00 **Star Trek: Deep Space Nine**
8.00 **Teleshopping**
11.00 **Star Trek: Voyager** (S5)
12.00 NOON **The Outpost** (S4)
1.00 PM **The Librarians** 9/10. (S2)
2.00 **Blood & Treasure** 4/13. (S1)
3.00 **Warehouse 13** 9/20. (S4)
4.00 **The Outpost** 10/13. (S4)
5.00 **Stargate SG-1** 1/22. (S7)
6.00 **Warehouse 13** 9/20. Artie and Leena stay in the Warehouse in an attempt to find Brother Adrian. (S4)

10.00 Asteroid-a-geddon

7.00 **Quantum Leap** *Goodbye Norma Jean:* 18/22. Sam becomes Marilyn Monroe's chauffeur. Guest stars Susan Griffiths. (S5)
8.00 **Star Trek: Deep Space Nine** *Through the Looking Glass:* 19/26. Sisko has to fill the shoes of the Terran rebellion leader. (S3)
9.00 **Grimm** *Good to the Bone:* 18/23. A man is found dead with all of his bones seemingly liquefied and removed. (S5)
10.00 FILM **Asteroid-a-geddon** Action adventure starring Eric Roberts. (2020, PG, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Killjoys** 5/10. Dutch enters the deadly Supermax prison. (S5)
1.00 AM **Stargate SG-1** (S7)
2.00 **The Outpost** 10/13. (S4)
3.00 **Star Trek: Deep Space Nine**
4.00 **Star Trek: Voyager** (S5)
5.00 **to 6.00** AM **Blood & Treasure**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **The Coroner** 9/10. (S2)
11.00 **Rizzoli & Isles** 9/15. (S2)
12.00 NOON **Death in Paradise** (S2)
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S8)
4.00 **The Doctor Blake Mysteries**
5.00 **The Coroner** 9/10. (S2)
6.00 **Major Crimes** 5/10. A body discovered in a metal container leads the department to uncover a kidnapping plot. (S1)

9.00 Murdoch Mysteries

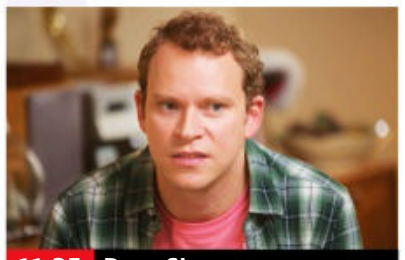
7.00 **Rizzoli & Isles** *Gone, Daddy, Gone:* 9/15. Maura investigates a woman's death at the docks. (S2)
8.00 **Death in Paradise** *A Murder on the Plantation:* 1/8. The owner of a plantation is found with a machete in his back. (S2)
9.00 **Murdoch Mysteries** New episode *The Witches of East York:* 14/24. A man claims that witches are trying to kill him. (S15)
10.00 **Clarice** *Motherless Child:* 10/13. Ruth recruits Krendler and ViCAP to track Catherine down. (S1)
11.00 **Frankie Drake Mysteries** 9/11. Frankie investigates a soldier's death. (S1)
12.00 M'T **The Doctor Blake Mysteries** 5/10. (S5)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.00 AM **Highlights**
9.35 **Only Fools and Horses**
10.15 **Last of the Summer Wine**
11.35 **Desmond's**
12.10 PM **My Hero**
12.50 **The Green Green Grass**
1.30 **The Good Life**
2.10 **Dad's Army**
2.50 **Last of the Summer Wine**
4.05 **Desmond's**
4.40 **Only Fools and Horses**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army**


11.35 Peep Show

7.20 **Dad's Army: The Lost Episodes** Walker is called up to serve in the regular army.
8.00 **The Good Life** Tom finds himself suffering a bad back during harvest time **8.35** Tom tries to market his garden produce – with disastrous results.
9.15 **Men Behaving Badly** Gary suspects Dorothy is having an affair. **9.55** Gary's jealousy prompts him to make life as difficult as possible for Dorothy and her new man.
10.35 **Live at the Apollo** With Sean Lock, Ed Byrne and Lee Nelson.
11.35 **Peep Show** Mark waits anxiously waits at the hospital for Sophie to give birth. **12.05** AM Mark forms a club in a bid to win over Dobby.
12.40 **The Good Life**
1.55 **Men Behaving Badly**
3.05 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Sin City Motors**
8.00 **Border Force: America's...**
9.00 **Storage Hunters UK**
10.00 **Sin City Motors**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Top Gear**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Top Gear** With Ryan Reynolds.
3.00 **Rick Stein's Long Weekends**
4.00 **Top Gear** From Iceland.
5.00 **Rick Stein's Long Weekends**
6.00 **Taskmaster** Sian Gibson finds proof that she may be psychic.

10.00 Late Night Mash

7.00 **Richard Osman's House of Games** With Ellie Taylor and Josh Widdicombe. **7 PM**
7.40 **Room 101** Frank Skinner is joined by guests Terry Wogan, Phil Tufnell and Victoria Coren Mitchell. **8.20** With guests Greg Davies, Ben Fogle and Janet Street-Porter. **8 PM**
9.00 **QI XL: Quizmas** Sandi Toksvig hosts a seasonal special, with Alan Davies, Sara Pascoe, Johnny Vegas and Josh Widdicombe. **9 PM**
10.00 **Late Night Mash** A compilation edition with highlights from the series, with Nish Kumar, Rachel Parris and Ellie Taylor. **10 PM**
11.00 **Have I Got a Bit More News for You** Richard Ayoade hosts, with guests Richard Osman and Sayeeda Warsi.
12.00 M'T **QI XL** With Jimmy Carr.
1.00 AM **Late Night Mash**
2.00 **Room 101** Double bill.
3.10 **to 4.00** AM **Taskmaster**

+1 hour 211 131 74

GREAT! tv

157 189 50 142

6.00 AM **Charlie's Angels**
7.00 **Crazy Like a Fox** (S2)
8.00 **Highway to Heaven**
10.00 FILM **Lead with Your Heart** Romantic drama. (2015, PG, 83min) ★★
1.00 PM **Body of Proof** (S2)
2.00 **Sue Thomas: F.B.Eye**
4.00 **Murder, She Wrote**
6.00 **Hart to Hart** 2/20. (S2)
7.00 **M*A*S*H** 8/16. Hawkeye screens a racy new film. **7.30** 2/16. Marines over-indulge while celebrating Halloween. **8.00** 6/16. Hawkeye and Charles prove a point. **8.30** 9/16. Klinger makes enemies of his colleagues. (S11)
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **M*A*S*H** (S11)
3.00 **Hart to Hart** 2/20. (S2)
3.45 **Crazy Like a Fox** (S2)
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **Find It, Fix It, Flog It**
2.30 **Come Dine with Me**
5.00 **Find It, Fix It, Flog It**
6.00 **A Place in the Sun**
7.00 **Location, Location, Location** Catching up with couples searching either side of the Thames.
8.00 **Food Unwrapped's Italian Adventures** Some of the team's favourite Italian gastronomic getaways.
9.00 **24 Hours in A&E**
10.00 **Gogglebox**
11.05 **24 Hours in Police Custody: The Murder of Rikki Neave**
1.15 AM **Ghislaine Maxwell: The Making of a Monster** Documentary.
2.20 **Celebrity Gogglebox**
3.25 **The Extraordinary Life of April Ashley**
4.20 **to 4.40** AM **Iris Prize Best British Short: Inertia**

5USA

141 141 153 21 129

9.00 AM **NCIS** 7/16. (S18)
9.55 **Entertainment News**
10.00 **NCIS** 8&9/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Sub Rosa:* 7/23. A partially dissolved body is found. **7.00** *Minimum Security:* 8/23. A navy translator dies under mysterious circumstances. **8.00** *Marine Down:* 9/23. The team must exhume the body of a Marine. (S1)
9.00 **Criminal Minds** *The Aftermath:* 5/23. A rapist changes the pattern of his behaviour. **10.00** *The Boogeyman:* 6/23. Two children are murdered in Texas. (S2)
11.00 **Law & Order: Special Victims Unit** (S4)
2.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Shoplifters & Scammers: At War with the Law**
8.50 **Judge Judy**
12.00 NOON **Filthy House SOS**
1.00 PM **Nightmare Tenants, Slum Landlords**
2.00 **Police Interceptors**
5.00 **Shoplifters & Scammers: At War with the Law**
6.00 **Home and Away**
7.00 **Amazing Cleans**
8.00 **Bargain-Loving Brits in the Sun** Documentary.
9.00 FILM **Saturday Night Fever** Drama starring John Travolta and Karen Lynn Gorney. (1977, 18, 119min) ★★★★
11.25 FILM **Dangerous Minds** Fact-based drama with Michelle Pfeiffer and George Dzundza. (1995, 15, 101min) ★★★
1.20 AM **Wanted** 2/6. (S2)
2.20 **Britain's Parking Hell**
3.15 **to 4.00** AM **Judge Judy**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **MasterChef Australia** Double bill.
8.00 **Tipping Point**
10.00 **999 Rescue Squad**
11.00 **The Undateables**
12.00 NOON **Inside the Ambulance: Coast and Country** Double bill.
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **Masterchef Junior USA** New edition The young home cooks are challenged to make one of their favourite treats – donuts.
8.00 **Nurses Down Under**
9.00 **Emma Willis: Delivering Babies**
10.00 **One Born Every Minute** Documentary.
11.00 **Inside the Ambulance: Coast and Country**
12.00 M'T **999 Rescue Squad**
1.00 **to 3.00** AM **Tipping Point**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **To the Manor Born**
7.40 **Bergerac**
8.40 **The Bill**
9.40 **Holby City**
11.00 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Bergerac**
3.20 **A Place to Call Home**
4.20 **All Creatures Great and Small**
5.20 **Birds of a Feather**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Grinning Man:* Jonathan is stumped by disappearances in a Gothic mansion.
10.35 **New Tricks** *The War Against Drugs:* Brian enters an addiction centre run by monks.
11.55 **Silent Witness**
2.00 AM **The Heart Guy**
3.05 **to 4.00** AM **A Place to Call Home**

+1 hour 243 226 60

THURSDAY

Documentaries

RealityXtra
147 197 68 134

9.00 AM **Perry Mason**
11.00 **Matlock** 14/22. (S6)
12.00 NOON **CSI: NY** (S1)
1.00 PM **JAG** (S3)
3.00 **Perry Mason**
5.00 **Unsolved Mysteries**
6.55 **Judge Judy** Real-life small-claims cases.
9.00 **CSI: NY** *The Dove Commission:* 18/23. An investigator working on a report into police corruption is shot the night before his findings are published. (S1)
10.00 **Unsolved Mysteries** The story of a man with several married lovers who was murdered. **11.00** Detectives who are investigating new evidence in the case of the Boston Strangler.
11.55 **Judge Judy**
2.00 AM **CSI: NY** As 9pm.
3.00 **Evidence of Evil**
4.00 **Donal MacIntyre's Murder Files**
5.00 **to 6.00** AM **Matlock**

Legend
148 192 41 137

8.00 AM **UFO** 23/26. (S1)
9.00 **Space 1999** 3/24. (S2)
10.00 **Farscape** 5/22. (S4)
11.00 FILM **Orca: The Killer Whale** Adventure. (1977, PG, 92min) ★
12.50 PM **Legend Lowdown**
1.00 FILM **The Land That Time Forgot** Sci-fi. (2009, 12, 90min) ★★
2.50 **Legend Lowdown**
3.00 **Mutant X** 5/22. (S2)
4.00 FILM **Earth's Final Hours** Thriller. (2011, 12) ★★
5.50 **Legend Lowdown**
6.00 **Farscape** 6/22. (S4)
7.00 **Space 1999** 9/24. (S2)
8.00 **Star Trek** 24/26. (S2)
9.00 FILM **The Titan** Sci-fi. (2018, 15, 97min) ★★
10.55 FILM **The Darkness** Horror. (2016, 15) ★★
12.45 AM FILM **The Cleaning Lady** Horror thriller. (2018, 18, 90min) ★★★
2.35 FILM **Saturn 3** Sci-fi. (1980, 15, 87min) ★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge
160 160 48 146

7.00 AM **The Chase**
10.00 **Play Your Cards Right**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Family Fortunes**
3.00 **Play Your Cards Right**
4.00 **Bruce's Price Is Right**
5.00 **Bullseye** Double bill.
6.00 **Family Fortunes**
7.00 **Pointless Celebrities** Tim Rice, Don Black, Connie Fisher, Siobhan Dillon, Claire Sweeney, Nigel Planer, Cory English and Phill Jupitus take part in a musical theatre-themed edition.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!
151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Wags Atlanta**
12.00 NOON **News: Daily Pop**
1.00 PM **Keeping Up with the Kardashians**
7.00 **Botched** Paul helps singer Norwood Young find his voice again. **8.00** Helping a female impersonator who feels uncomfortable without make-up.
9.00 **Mathis Family Matters** New edition Docusoap.
9.30 **Keeping Up with the Kardashians**
10.30 **Nightly Pop**
11.00 **Wags Atlanta**
12.00 M'T **Rich Kids of Beverly Hills**
1.00 AM **Revenge Body with Khloe Kardashian**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

Sky Documentaries
121 121 819 278 277 352 367

6.00 AM **Fish Town**
7.00 **Discovering**
8.00 **The Directors**
8.50 **Hillary**
10.00 **Inside the Freemasons**
11.00 **Veleno: The Town of...**
12.00 NOON **Larry Kramer: In Love & Anger**
1.40 PM **My Icon**
2.00 **The Longest War**
3.30 **PL Legends**
4.00 **Discovering**
5.00 **The Directors**
5.50 **Hillary**
7.00 **Inside the Freemasons**
8.00 **Veleno: The Town of Lost Children**
9.00 FILM **Senna** Documentary. (2010, 12, 105min) ★★★★
11.00 **Scouting For Girls: Fashion's Darkest Secret** Documentary.
12.00 M'T **Tina**
2.15 AM **Forbidden Games: Justin Fashanu Story**
4.00 **Discovering**
5.00 **to 6.00** AM **Veleno...**

Sky Nature
124 124 822 280 279 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Dogs with Extraordinary Jobs**
9.00 **Impossible Animals**
10.00 **Animal Empires**
11.00 **Great Parks of Africa**
12.00 NOON **Zambia Untamed**
1.00 PM **Monkey Life**
2.00 **Dogs with...**
3.00 **Impossible Animals**
4.00 **Animal Empires**
5.00 **Great Parks of Africa**
6.00 **Zambia Untamed**
7.00 **Monkey Life**
8.00 **Surviving the Amazon**
9.00 **America's Wild Seasons**
10.00 **Great Parks of Africa**
11.00 **Zambia Untamed**
12.00 M'T **Kenya Wildlife Diaries** Documentary.
1.00 AM **Shark with Steve Backshall**
2.00 **Surviving the Amazon**
3.00 **America's Wild Seasons**
4.00 **Dogs with...**
5.00 **to 6.00** AM **Impossible Animals**

HGTV
158 286 44 166

7.00 AM **Highlights**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Flip or Flop Atlanta**
1.30 **Flip or Flop Nashville**
2.00 **Home Town**
3.00 **Quick Little Builds**
4.00 **My Mortgage Free Home** Property show.
5.00 **Homes Under the Hammer** In Shropshire.
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Great Interior Design Challenge**
9.00 **Fixer to Fabulous** New edition
10.00 **Flip or Flop** New editions
11.00 **Flip or Flop Atlanta** New edition
11.30 **Flip or Flop Nashville** New edition
12.00 M'T **Escape to the...**
1.00 **to 4.00** AM **Highlights**
+1 hour 258 290

Food Network
140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Giada in Italy**
9.00 **The Hairy Bikers...**
10.00 **Forever Summer**
11.00 **Ainsley's Food We Love**
12.00 NOON **A Baker's Life**
1.00 PM **Jamie's 30 Minute Meals** Double bill.
2.00 **Seafood Lovers' Guide**
2.30 **Seafood Odyssey**
3.00 **The Hairy Bikers...**
4.00 **Forever Summer**
5.00 **Barefoot Contessa**
6.00 **Seafood Lovers' Guide**
6.30 **Seafood Odyssey**
7.00 **A Baker's Life**
8.00 **The Hairy Bikers Mediterranean Adventure** From France.
9.00 **Gok Wan's Easy Asian** New editions
10.00 **City Bakes**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 **to 3.00** AM **Highlights**
+1 hour 240 149

DMAX
172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Aussie Gold Hunters**
8.00 **Alaskan Bush People**
9.00 **Yukon Men**
10.00 **Alaska: Last Frontier**
11.00 **Alaska: Homestead...**
12.00 NOON **Extinct or Alive**
1.00 PM **My Cat from Hell**
2.00 **Cake Boss**
4.00 **Yukon Gold**
5.00 **Alaskan Bush People**
6.00 **Aussie Gold Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Building Off the Grid**
10.00 **Alaska: Homestead Rescue** Reality series.
11.00 **Life Below Zero**
12.00 M'T **Yukon Men**
1.00 AM **Naked and Afraid XL**
2.00 **Kindig Customs**
3.00 **Bear Grylls: Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**
+1 hour 272 214 151

5Action
150 187 150 33 132

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Traffic Cops**
11.45 **Trucking Hell**
12.50 PM FILM **Comanche Station** Western. (1960, PG, 74min) ★★
2.25 FILM **The Gunfight at Dodge City** Western. (1958, PG, 81min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
7.00 **Police Interceptors**
8.00 **Traffic Cops**
9.00 **Trucking Heavy** New edition
10.00 **World's Deadliest Weather: Caught on Camera** New edition
11.00 **WWE – Raw Highlights**
12.00 M'T **WWE – NXT UK**
1.00 AM **Fights, Camera, Action!** Confrontations.
2.00 **Flights from Hell**
3.00 **Airport 24/7: Thailand**
3.50 **Banged Up Abroad**
4.35 **to 5.00** AM **Criminals: Caught on Camera**

Sky Crime
122 122 820 137 136 348 363

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Police Ten 7**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Road Wars**
12.00 NOON **How I Caught...**
1.00 PM **Forensics: Catching the Killer**
2.00 **Britain's Most Evil Killers**
3.00 **World's Most Evil Killers**
4.00 **An Unexpected Killer**
5.00 **Killer in My Village**
6.00 **World's Most Evil Killers**
7.00 **How I Caught the Killer**
8.00 **Britain's Most Evil Killers**
9.00 NEW SERIES **Killer Siblings**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **An Unexpected Killer**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**
+1 hour 222 207

CBS Reality
146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A house fire kills the only doctor in the small town of Laeger, West Virginia. **7.30** A psychic helps locate the body of a missing nine-year-old girl.
8.00 **Evidence of Evil** Focusing on the case of a woman reported missing in 1998.
9.00 **Injustice with Nancy Grace** When newlyweds disappear on the night of a family birthday, everyone fears the worst.
10.00 **Murder She Solved**
11.00 **Snapped: Killer Couples**
12.00 M'T **Click for Murder**
1.00 AM **Injustice with Nancy Grace**
2.00 **Murder She Solved**
3.00 **Evidence of Evil**
3.50 **Unsolved Mysteries**
5.20 **to 6.00** AM **Judge Judy**
+1 hour 246 201 136

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **Homes Under the Hammer** From Kent.
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A piano stool.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Ambulance**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **Paranormal: Caught on Camera** New edition
10.00 **Portals to Hell** New edition Investigating a blues bar with a sordid past in Memphis.
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze
164 216 64 162

6.00 AM **Hardcore Pawn**
7.55 **Unidentified: Inside America's UFO...**
8.55 **Ancient Aliens**
10.50 **Storage Wars Canada**
11.15 **Storage Wars**
12.10 PM **Pawn Stars: Best Of**
1.35 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Unidentified: Inside America's UFO Investigation**
7.00 **Auction Kings**
8.00 **Roswell: First Witness**
9.00 NEW **Roswell 75: The Final Evidence**
11.00 **Alien Autopsy: The Search for Answers**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Wicked Tuna**
2.00 **Auction Kings**
3.00 **The Curse of Oak Island**
3.45 **Shipping Wars**
4.10 **to 6.00** AM **Pawn Stars: Best Of**
+1 hour 81

TLC
133 133 828 167 323 377

6.00 AM **Say Yes... UK**
8.00 **Say Yes... Lancashire**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **My Big Fat Fabulous Life**
12.00 NOON **Diners, Drive-Ins and Dives**
1.00 PM **Cake Boss**
2.00 **Sister Wives**
4.00 **Dr Pimple Popper**
5.00 **My Big Fat Fabulous Life**
6.00 **Love After Lock Up**
7.00 **The Bad Skin Clinic**
8.00 **Too Large**
9.00 **Monsters Inside Me**
10.00 **Dr Pimple Popper** New editions Shoshana is depressed due to the growth on her forehead. **11.00** Matt has a large lump in his armpit.
12.00 M'T **Too Large**
1.00 AM **Monsters Inside Me**
2.00 **Dr Pimple Popper**
4.00 **Say Yes... UK**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**
+1 hour 233 172

5SELECT
153 152 56 133

9.00 AM **Entertainment News**
9.10 **GPs: Behind Closed Doors** Documentary.
10.10 **The Yorkshire Vet**
12.10 PM **Forged in Fire**
2.00 **GPs: Behind Closed Doors** Triple bill.
5.00 **The Yorkshire Vet**
7.00 **Great British Gardens: Season by Season with Carol Klein** A visit to Gresgarth Hall.
8.00 **Holidaying with Jane McDonald: The Caribbean** Jane visits Barbados, St Lucia, Grenada and Antigua.
9.00 **Secrets of the Royal Palaces** A look around Versaillles.
10.00 **Forged in Fire**
12.00 M'T **Mothman: Uncovering the Truth**
1.00 AM **Oliver Cromwell: The Crown's Revenge**
2.00 **The Highland Vet**
3.00 **GPs: Behind Closed...**
3.50 **to 4.00** AM **Entertainment News**

Quest
144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.20 **Yorkshire Auction House**
7.10 **Shed and Buried**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Motor Pickers**
12.00 NOON **Wheeler Dealers**
1.00 PM **Antiques Road Trip**
2.00 **Shed and Buried**
3.00 **Yorkshire Auction House**
4.00 **Salvage Hunters**
5.00 **Scrap Kings**
6.00 **Wheeler Dealers**
7.00 **Find It, Fix It, Flog It**
8.00 **Salvage Hunters**
9.00 **Wheeler Dealers: Dream Car**
10.00 **Chasing Classic Cars**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Chasing Classic Cars** Double bill.
2.00 **American Chopper**
3.00 **Combat Dealers**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's Made**
+1 hour 244 213 70 168

Quest Red
149 170 40 169

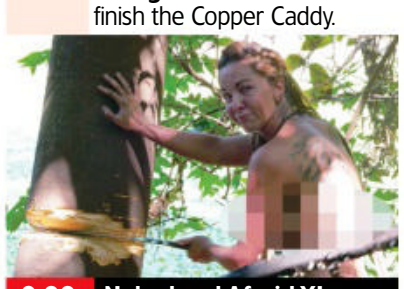
6.00 AM **Say Yes... Atlanta**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Animal Cops Miami**
11.00 **Forensic Detectives**
1.00 PM **American Monster**
2.00 **Disappeared**
3.00 **Who the Hell**
4.00 **Say Yes... Lancashire**
5.00 **Say Yes... Atlanta**
7.00 **Long Lost Family**
8.00 **Dr Pimple Popper: Pop Ups** Behind the scenes.
9.00 **Chaos in Court** New editions A court deputy body slams a man at security. **9.30** A judge challenges an attorney to a fight.
10.00 **People Magazine Investigates**
11.00 **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Houston**
5.00 **to 6.00** AM **The Zoo**
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
7.00 **Tanked**
8.00 **Building Off the Grid**
9.00 **Alaskan Bush People**
10.00 **Dive Wars Australia**
11.00 **Wheeler Dealers**
12.00 NOON **Outback Truckers**
1.00 PM **Gold Divers**
3.00 **Alaska: Homestead Rescue**
4.00 **Building Off the Grid**
5.00 **Wheeler Dealers** Mike Brewer gets a good deal on a 1957 Chevrolet.
6.00 **Kindig Customs** The team finish the Copper Caddy.



9.00 Naked and Afraid XL

7.00 **Outback Truckers** A delayed flight to an outback town threatens to leave a mobile heart clinic without a doctor.
8.00 **Fast N' Loud** A big-name client asks Gas Monkey to build them a promotional vehicle on spec.
9.00 **Naked and Afraid XL** New edition Three elite survivalists join the challenge. Dan and Waz take on dangerous prey, risking serious injury, while Amber battles an aggressive caiman to feed her team.
11.00 **Supertruckers** John has a tough job taking a 60-tonne crane into Edinburgh.
12.00 M'T **Expedition Bigfoot** Mireya agrees to act as bait in order to lure out Bigfoot.
1.00 AM **Naked and Afraid XL**
3.00 **Building Off the Grid**
5.00 **to 6.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **America's Cutest Pets**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Expedition Bigfoot**
4.00 **America's Cutest Pets**
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps 40 miniature Australian shepherd dogs rescued from a puppy mill.
6.00 **Extinct or Alive** Forrest Galante heads to Australia in search of the Tasmanian tiger.

9.00 Guardians of Rescue

7.00 **Amanda to the Rescue** Amanda rescues dogs in Puerto Rico in the wake of Hurricane Maria.
8.00 **Guardians of Rescue** Group founder Rob and investigators Marceline, Bill and Elle try to unmask a puppy flipper.
9.00 **Guardians of Rescue** Rob and vet Moose investigate a claim about dogfighting, while Dori helps a homeless vet.
10.00 **The Last Alaskans** As the end of winter approaches, the residents look toward to the future.
11.00 **Jungle Shark** Documentary exploring bull sharks' instinct to swim up the Serena River.
12.00 M'T **Deadliest Sharks** The deadly oceanic white tip sharks.
1.00 AM **The Last Alaskans**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Air Crash Investigation**
10.00 **Car S.O.S** Double bill.
12.00 NOON **Lost Treasures of the Maya** Lost pyramids.
1.00 PM **Lost Treasures of Egypt**
2.00 **Nazi Megastructures**
3.00 **Secrets of the Civil War: Drain the Oceans**
4.00 **Wicked Tuna**
5.00 **Ice Road Rescue** Blizzards bring chaos to Norway's roads, and a truck jack-knifes. **6.00** Bjorn joins forces with a rival company to rescue a truck that crashed into a cliff face.

10.00 Lawless Island

7.00 **Air Crash Investigation** A terror attack is suspected when a plane explodes after taking off from New York.
8.00 **Last of the Giants: Wild Fish** Cyril and his team must quickly find their way out of the remote wilderness.
9.00 **Wicked Tuna** New edition Tension on the *Pinwheel* jeopardises their chances of catching a giant tuna.
10.00 **Lawless Island** Series finale With winter slowly setting in, Sam and Matt embark on a father and son hunt.
11.00 **Air Crash Investigation** A plane bursts into flames.
12.00 M'T **Drugs Inc**
1.00 AM **Narco Wars**
2.00 **Trafficked with Mariana Van Zeller** Documentary.
3.00 **Banged Up Abroad**
4.00 **to 5.00** AM **Nazi Megastructures**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Phantom Signals**
8.00 **Counting Cars**
9.00 **American Pickers**
11.00 **Swamp People**
12.00 NOON **Dog the Bounty Hunter: Most Wanted**
1.00 PM **The Curse of Oak Island**
2.00 **Phantom Signals**
3.00 **Counting Cars**
4.00 **Deep Water Salvage**
5.00 **The Nostradamus Effect** Examining the plausibility of apocalyptic prophecies.
6.00 **Pawn Stars** Double bill.

10.00 The Toys That Built the...

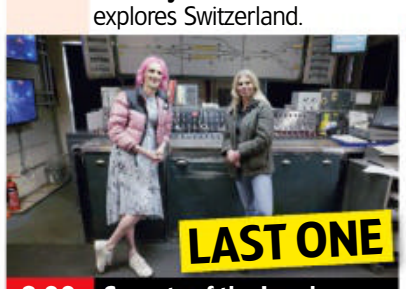
7.00 **Forged in Fire** Four smiths must use their maths skills to work how much steel is needed for their signature blades.
8.00 **Treasures Decoded** Historians analyse an intriguing scrap of papyrus that may prove Jesus was married.
9.00 **The Real War of Thrones** New edition Elizabeth orders the death of a rival, and Spain declares war on England.
10.00 **NEW SERIES The Toys That Built the World** Insights into the competitive rivalries between iconic brands.
11.00 **Forged in Fire: Beat the Judges** A musical edition.
12.00 M'T **Ancient Egypt's Darkest Hour** Documentary.
1.00 AM **Treasures Decoded**
2.00 **Counting Cars**
3.00 **Forged in Fire: Beat the...**
4.00 **Phantom Signals**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Antiques Roadshow**
8.00 **Secret Nazi Bases**
9.00 **World War Weird**
10.00 **Abandoned Engineering**
12.00 NOON **The Architecture the Railways Built**
1.00 PM **Great Continental Railway Journeys**
2.00 **Abandoned Engineering**
4.00 **Secret Nazi Bases**
5.00 **World War Weird** The fate of the world's first tank.
6.00 **Great Continental Railway Journeys** Michael Portillo explores Switzerland.



8.00 Secrets of the London...

7.00 **Abandoned Engineering** A look at a sprawling Wild West ghost town that sits peaceful and abandoned in Montana.
8.00 **Secrets of the London Underground** Series finale The Tube station with the most platforms, Baker Street.
9.00 **Train Truckers** Ian Bagladi and Jamie Turnbull move a locomotive through the English countryside.
10.00 **Bangers and Cash** Three rare Alvises get the auction buyers going when they come under the hammer.
11.00 **Abandoned Engineering** Ruins from the time before the fall of the Berlin Wall, including a Communist base that hid Cold War submarines.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 200 75

7 PM **8 PM** **9 PM** **10 PM**

Disc. History

177 257

6.00 AM **Expedition Unknown**
7.00 **The Alaska Triangle**
8.00 **Devonport: Inside...**
9.00 **Secret Space Escapes**
10.00 **How the Universe Works**
11.00 **The Alaska Triangle**
12.00 NOON **Combat Dealers**
1.00 PM **Expedition Unknown**
2.00 **Greatest Events of World War II**
3.00 **UFOs: The Lost Evidence** Documentary.
4.00 **Mysteries at the...**
5.00 **Devonport: Inside the Royal Navy**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Aliens In Alaska**
10.00 **JFK: The Lost Tapes**
11.00 **Ultimate Warfare**
12.00 M'T **Combat Dealers**
2.00 AM **JFK: The Lost Tapes**
3.00 **Ultimate Warfare**
4.00 **UFOs: The Lost...**
5.00 **to 6.00** AM **Mysteries at the Museum**

+1 hour 277 261

Eden

166 245 247

9.00 AM **Big Animal Surgery**
10.00 **Natural World: Jaguars – Brazil's Super Cats**
11.00 **Madagascar: Earth's Tropical Islands**
12.00 NOON **Life of Mammals**
2.00 PM **Wild France**
3.00 **The Ganges with Sue Perkins** Double bill.
5.00 **Madagascar: Earth's...**
6.00 **The Life of Mammals**
7.00 **Big Animal Surgery**
8.00 **Natural World: Jaguars – Brazil's Super Cats**
9.00 **The Ganges with Sue...**
10.00 **The Life of Mammals**
11.00 **Big Animal Surgery**
12.00 M'T **Natural World: Jaguars – Brazil's...**
1.00 AM **Madagascar...**
2.00 **The Ganges with Sue...**
3.00 **Wild France**
3.50 **Big Animal Surgery**
4.40 **Natural World: Jaguars – Brazil's Super Cats**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 849 264 265

8.00 AM **Bizarre Animal Friends** Highlights show.
9.00 **Africa's Deadliest**
12.00 NOON **Snakes in the...**
1.00 PM **Botswana**
4.00 **Monster Fish**
5.00 **Animal Fight Club**
6.00 **Snakes in the City** Mbali's training shifts up a gear as she catches a highly venomous boomslang.
7.00 **Secrets of the Zoo: Tampa** The team work around the clock to save an injured panther.
8.00 **America's National Parks** 1/2. A look at animals struggling to thrive across America.
9.00 **Wild Florida** 1&2/2. Documentary exploring the wildlife of the state.
11.00 **Snakes in the City**
12.00 M'T **Animals Gone Wild**
1.00 AM **Monster Fish**
2.00 **Bizarre Animal Friends**
3.00 **to 5.00** AM **Africa's Deadliest**

Sky History 2

163 163 840 272

8.00 AM **Architects of Darkness** Documentary.
9.00 **Alien Files: Unsealed**
10.00 **Ancient Impossible**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Discoveries**
1.00 PM **Ancient Aliens**
2.00 **Architects of Darkness**
3.00 **Ancient Aliens**
4.00 **Alien Files: Unsealed**
5.00 **Deep Sea Detectives**
6.00 **Ancient Discoveries**
7.00 **Ancient Aliens** A team of experts look into the Orion constellation. **8.00** Investigating whether the Puma Punku temple was built by extraterrestrials.
9.00 **Paranormal: Caught on Camera** Double bill.
11.00 **Ancient Aliens**
1.00 AM **Ancient Discoveries**
2.00 **Paranormal: Caught on Camera**
4.00 **to 6.00** AM **Ancient Aliens**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.35 **Plane Crash Recreated**
9.40 **Hitler's Circle of Evil**
10.55 **The Good Nazi**
12.00 NOON **Revolution in Colour** As 9.55pm.
1.00 PM **Mutant Weather**
2.00 **Plane Crash Recreated**
3.05 **Hitler's Circle of Evil**
4.20 **The Good Nazi**
5.25 **Revolution in Colour**
6.30 **Plane Crash Recreated**
7.35 **Hitler's Circle of Evil** Examining the rise of anti-semitism.
8.50 **The Good Nazi** Major Karl Plagge, who risked his own life to save hundreds of people.
9.55 **Revolution in Colour** 1/2. The struggle for Irish independence in the early 20th century.
10.55 **Plane Crash Recreated**
12.00 M'T **Hitler's Circle of Evil** As 7.35pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

166 166 839 209

6.00 AM **Homicide Hunter**
8.00 **The First 48**
10.00 **Killer in Plain Sight**
11.00 **Motive to Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Homicide Hunter**
2.00 **Homicide: Hours to Kill**
3.00 **Unusual Suspects**
4.00 **I Lived with a Killer**
5.00 **Robbie Coltrane's Critical Evidence**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **On the Case with Paula Zahn**
9.00 **The First 48** New edition
10.00 **After the First 48** New edition
11.00 **Homicide Hunter**
12.00 M'T **Meet, Marry, Murder**
1.00 AM **The First 48**
2.00 **After the First 48**
3.00 **Unusual Suspects**
4.00 **On the Case with...**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

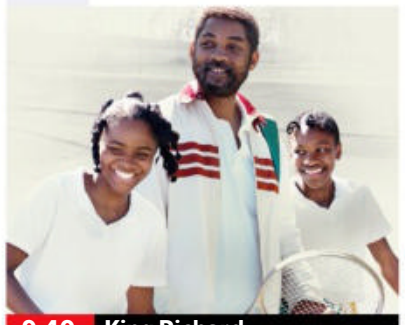
THURSDAY Films

Thursday

Sky Cinema Premiere

301 301 848 401 501 515

6.20 AM **White Elephant** (2022)
8.10 **Sundown** As 2.25pm.
9.50 **Last Seen Alive** As 8.00pm.
11.40 **King Richard** As 9.40pm.
2.25 PM **Sundown** Drama. (2021, 15, 82min) ★★★★
4.05 **White Elephant** Action thriller starring Bruce Willis. (2022, 15, 100min) ★★
5.55 **Resident Evil: Welcome to Raccoon City** Sci-fi horror starring Kaya Scodelario. (2021, 15, 107min) ★★★


9.40 King Richard

8 PM

8.00 **Last Seen Alive** Thriller starring Gerard Butler. A man is driving his soon-to-be ex-wife to her parents' home when she mysteriously disappears without a trace during a stop at a gas station. (2022, 15, 95min)

9 PM

9.40 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

12.10 AM **Lansky** Crime drama starring Harvey Keitel. (2021, 18, 119min) ★★★
2.10 **Zola** Crime comedy drama. (2020, 18, 86min) ★★★★
3.40 **Sundown** As 2.25pm.
5.15 **to 6.00** AM **Sky Cinema Preview**

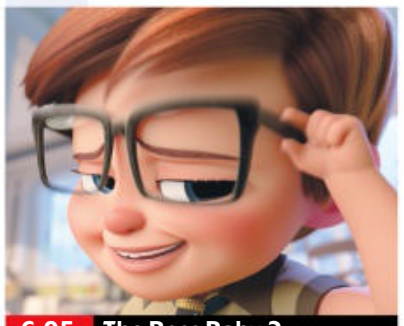
11 PM

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.00 AM **Tom & Jerry: The Movie**
7.55 **Knowing** (2009, 15) ★★★★
10.00 **The Three Musketeers** Adventure. (2011, 12) ★★★
12.00 NOON **Power Rangers** Fantasy. (2017, 12, 124min) ★★★
2.10 PM **Peter Rabbit 2** Comedy sequel. (2020, U, 93min) ★★★
4.00 **The Many Saints of Newark** Drama. (2021, 15) ★★★★
6.05 **The Boss Baby 2: Family Business** Animated sequel. (2021, PG, 107min) ★★


6.05 The Boss Baby 2

8.00 **Nobody** Crime drama starring Bob Odenkirk. A quiet and unassuming family man slowly reveals his true character after his house is burgled by two petty thieves. (2021, 15, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

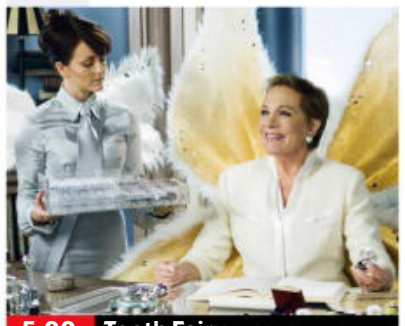
9.45 **Under Siege 2** Thriller sequel starring Steven Seagal. A former naval commando-turned-chef thwarts a criminal who has hijacked a train. (1995, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Every Breath You Take** Thriller starring Casey Affleck and Michelle Monaghan. (2021, 15, 105min) ★★★
1.25 AM **Tom & Jerry: The Movie** Partly-animated comedy starring Chloë Grace Moretz. (2021, PG, 101min) ★★
3.15 **Clemency** Prison drama starring Alfre Woodard. (2019, 15, 112min) ★★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

7.00 AM **Daphne & Velma** Comedy. (2018, PG, 72min) ★★
8.20 **Cats & Dogs 3: Paws Unite!** Adventure. (2020, U) ★★
9.55 **Tooth Fairy** As 5.00pm.
11.45 **Ella Enchanted** As 6.45pm.
1.30 PM **Paddington** Comedy. (2014, PG, 95min) ★★★★
3.10 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
5.00 **Tooth Fairy** (2010, PG) ★★
6.45 **Ella Enchanted** Comic fantasy. (2004, PG, 96min) ★★★


5.00 Tooth Fairy

8.30 **Matilda** Roald Dahl's fantasy starring Danny DeVito, Rhea Perlman and Mara Wilson. The young daughter of selfish parents discovers she has magical gifts. (1996, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

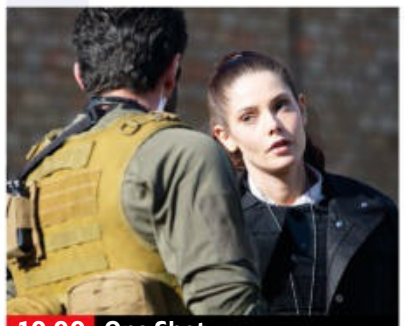
10.15 **My Friend the Dolphin** Adventure starring Lola Sultan. A lovable dolphin returns to see his friends in Florida, but their old enemy is out for revenge. (2019, U, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Adventures of Rufus: The Fantastic Pet** Adventure. (2020, PG, 82min) ★
1.35 AM **Max Winslow and the House of Secrets** Sci-fi thriller. (2019, 12, 98min) ★
3.25 **Matilda** As 8.30pm.
5.10 **to 7.00** AM **My Friend the Dolphin** As 10.15pm.

Sky Cinema Action

307 307 851 407 507 521

6.00 AM **Warrior Queen of Jhansi**
7.45 **Vanquish** As 5.05am.
9.20 **The Iron Mask** As 1.20am.
11.20 **Mortal Kombat** Adventure. (2021, 15, 110min) ★★
1.15 PM **Warrior** Action drama. (2011, 12, 139min) ★★★★
3.40 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★
5.50 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★


10.00 One Shot

8.00 **3 Days to Kill** Action thriller starring Kevin Costner, Amber Heard and Hailee Steinfeld. A dying CIA agent takes on one last assignment while trying to rebuild his relationship with his estranged daughter. (2014, 12, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **One Shot** Thriller starring Scott Adkins, Ashley Greene and Ryan Phillippe. (2021, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Another 48 Hrs** Action thriller comedy sequel starring Nick Nolte and Eddie Murphy. (1990, 18, 95min) ★
1.20 AM **The Iron Mask** Action adventure with Jason Flemyng. (2019, 12, 120min) ★★
3.20 **The Warrior Queen of Jhansi** Adventure with Devika Bhise. (2019, 15, 102min) ★★
5.05 **to 6.40** AM **Vanquish** Thriller starring Morgan Freeman. (2021, 15, 94min) ★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **You Don't Mess with the Zohan** (2008, 12) ★★★
9.00 **The Guilt Trip** (2012, 12) ★★★
10.50 **An American Pickle** Comedy. (2020, 12, 88min) ★★★
12.35 PM **Sausage Party** Animation. (2016, 15, 89min) ★★★
2.15 **Friends with Benefits** Comedy. (2011, 15) ★★★
4.10 **Think Like a Man** Comedy. (2012, 12, 116min) ★★★
6.15 **Drillbit Taylor** Comedy. (2008, 12, 97min) ★★

6.15 Drillbit Taylor

8.00 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Meet the Parents** Comedy starring Robert De Niro, Ben Stiller and Teri Polo. (2000, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Jay and Silent Bob Strike Back** Comedy directed by and starring Kevin Smith. (2001, 18, 104min) ★★★
1.40 AM **I Want Candy** Comedy starring Carmen Electra. (2007, 15, 86min) ★★★★
3.15 **The Very Excellent Mr Dundee** Comedy starring Paul Hogan. (2020, 12, 88min) ★
4.50 **to 6.55** AM **The Intern** Comedy with Robert De Niro. (2015, 12, 118min) ★★★★

primetime

Sky Cinema Greats

304 304 849 404 504 518

7.05 AM **Zulu** Historical adventure. (1963, PG, 138min) ★★★★★
9.25 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
11.10 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
1.25 PM **Indiana Jones and the Kingdom of the Crystal Skull**
3.35 **Bad Boys II** Action comedy sequel. (2003, 15, 147min) ★★★

6.05 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
8.00 **Three Days of the Condor** Conspiracy thriller starring Robert Redford and Faye Dunaway. A bookish CIA researcher on the run from rogue agents kidnaps a photographer to stay alive. (1975, 15, 118min) ★★★★
10.00 **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★

12.15 AM **Total Recall** Sci-fi thriller. (1990, 15, 109min) ★★★
2.20 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
4.30 **to 6.05** AM **Carry On Sergeant** The first *Carry On* comedy. (1958, b/w, U, 83min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Hotel Transylvania 3: Summer Vacation** As 1.35pm.
8.15 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
10.10 **Happy Feet Two** Animated musical comedy sequel. (2011, U, 100min) ★★★
12.00 NOON **Monster Family** As 10pm.
1.35 PM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★

3.20 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 93min) ★★★★
5.00 **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 100min) ★★★★
6.50 **Penguins of Madagascar** Animated comedy featuring the voice of Benedict Cumberbatch. (2014, U, 90min) ★★★★
8.25 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★
10.00 **Monster Family** Animated comedy. (2017, PG, 96min) ★★

11.40 **The Snow Queen** Animated fantasy. (2013, U, 74min) ★★
1.10 AM **The Snow Queen 2: Magic of the Ice Mirror** Animated sequel. (2014, U, 77min) ★★
2.40 **Rock Dog** As 8.25pm.
4.20 **to 6.00** AM **Rock Dog 2: Rock Around the Park** (2021, U) ★★

TCM Movies

315 415 416

6.00 AM **Hollywood's Best Directors**
6.35 **Off Set** With Ben Miller.
6.55 **Sugarfoot** 11/20. (S2)
7.55 **Maverick** 6/32. (S4)
9.05 **Hitler: The Last Ten Days** Fact-based World War Two drama. (1973, 12, 108min) ★★
11.15 **Sugarfoot** 12/20. (S2)
12.20 PM **Maverick** 7/32. (S4)
1.30 **The Iron Sheriff** Western. (1957, b/w, U, 73min) ★★

3.05 **Cave of Outlaws** Western. (1951, U, 76min) ★★
4.45 **Top Gun** Western adventure. (1955, b/w, U, 90min) ★★
6.20 **West of Carson City** Western. (1940, b/w, U, 56min) ★★
7.30 **Gun Fight** Western with James Brown. (1961, b/w, U, 69min) ★★
9.00 **Westworld** Sci-fi thriller with Yul Brynner and James Brolin. (1973, 15, 89min) ★★★★
10.55 **The Exorcist: The Version You've Never Seen** Horror. (1973, 18, 155min) ★★★★★

1.35 AM **Beau Brummell** Costume drama starring Stewart Granger. (1954, U, 111min) ★★★
3.30 **Close Up** Triple bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Bob's Your Uncle** Comedy. (1942, b/w, U, 71min) ★★
7.30 **The Wedding of Lilli Marlene** War drama. (1953, b/w, PG) ★★
9.10 **A Boy a Girl and a Bike** Comedy. (1949, b/w, U) ★★
11.00 **The Velvet Touch** Mystery. (1948, b/w, PG, 92min) ★★
12.55 PM **Heaven Can Wait** Romantic comedy fantasy. (1943, U, 112min) ★★★★

3.10 **The Heritage Chart Show with Mike Read** Music show.
4.15 **The Sandwich Man** Comedy. (1966, U, 95min) ★
6.15 **Look at Life**
6.25 **The Night Has Eyes** Thriller. (1942, b/w, 15, 79min) ★★
8.00 **The Saint** 7/12. (S1)
9.00 **Murder By Proxy** Crime drama starring Dane Clark and Belinda Lee. (1954, b/w, PG, 87min) ★★
10.45 **A New Kind of Love** Romantic comedy starring Paul Newman. (1963, PG, 110min) ★★★

12.55 AM **To Die For** Satirical comedy starring Nicole Kidman, Matt Dillon and Joaquin Phoenix. (1995, 15, 107min) ★★★★
3.05 **Legend of the Witches**
4.45 **Glimpses: 4 & 20 Fit Girls**
5.00 **to 6.00** AM **Amos Burke, Secret Agent**

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Meteor Apocalypse** Sci-fi adventure. (2010, 15, 90min) ★
6.50 **This is HorrorXtra**
7.00 **Battlestar Galactica** *The Lost Warrior:* 6/24. Apollo crashes on a remote planet. (S1)
8.00 **Mutant X** *Meaning of Death:* 6/22. A deadly virus rampages through the city. (S1)
9.00 **Frankenstein** Horror with Xavier Samuel. A creature created by two married scientists is left to fend for himself on the streets of LA. (2015, 18, 86min) ★★★

10.50 **Hellbound: Hellraiser II** Horror sequel starring Clare Higgins. (1989, 18, 96min) ★★
12.45 AM **This is HorrorXtra**
12.55 **Battlestar Galactica**
2.00 **to 3.00** AM **Mutant X**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Cinema List: Mystery**
6.15 **Wander** As shown at 3.40am.
8.00 **Flashback** (2020, 15) ★★★
9.50 **No Man of God** As 1.50am.
11.45 **Let Him Go** Crime drama. (2020, 15, 113min) ★★★
1.45 PM **The Little Things** Drama. (2021, 15, 128min) ★★★★
3.55 **The Cinema List: Mystery**
4.10 **Those Who Wish Me Dead** Drama. (2021, 15, 100min) ★★
6.00 **The Italian Job** Thriller remake. (2003, 12, 110min) ★★★

4.10 Those Who Wish Me Dead

8.00 **A Few Good Men** Courtroom drama starring Tom Cruise, Jack Nicholson and Demi Moore. A slick young US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (1992, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Girl** Thriller starring Bella Thorne. A young woman returns to her small home town intent on killing her abusive father. (2020, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Dreamland** Romantic drama starring Finn Cole. (2019, 15, 98min) ★★★★
1.50 AM **No Man of God** Drama. (2021, 15, 100min) ★★★★
3.40 **Wander** Conspiracy thriller. (2020, 15, 94min) ★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Steel Magnolias** Comedy drama. (1989, PG) ★★★★
8.00 **Marley & Me** As 8.00pm.
10.00 **The Fighter** As 2.30am.
12.00 NOON **Captain Fantastic** Comedy drama starring Viggo Mortensen. (2016, 15) ★★★★
2.00 PM **Eat Pray Love** Romantic drama. (2010, PG, 139min) ★★
4.20 **Chef** Jon Favreau's comedy. (2014, 15, 114min) ★★★★
6.20 **Away We Go** Comedy. (2009, 15, 97min) ★★★★

10.00 Django Unchained

8.00 **Marley & Me** Family comedy drama based on the book by John Grogan, starring Owen Wilson and Jennifer Aniston. A boisterous labrador dog comes to take a central place in the lives of a young married couple. (2008, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Django Unchained** Quentin Tarantino's Oscar-winning Western with Jamie Foxx. A former slave proves his skill at bounty hunting. With Christoph Waltz. (2012, 18, 162min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Perks of Being a Wallflower** Coming-of-age drama starring Logan Lerman. (2012, 12, 98min) ★★★★
2.30 **The Fighter** Boxing drama starring Mark Wahlberg. (2010, 15, 116min) ★★★★
4.30 **to 6.30** AM **Captain Fantastic** As 12.00noon.

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.35 AM **Mortal** As 2.50am.
8.20 **Captive State** As 4.35am.
10.15 **Becoming** As 1.10am.
11.55 **Hulk** Sci-fi action fantasy. (2003, 12, 138min) ★★★
2.15 PM **Godzilla vs Kong** Sci-fi starring Alexander Skarsgård. (2021, 12, 113min) ★★★
4.10 **Candyman** Horror chiller. (1992, 18, 97min) ★★★★
6.00 **Star Trek: Nemesis** Adventure starring Patrick Stewart. (2002, 12, 116min) ★★★

10.00 Gravity

8.00 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. With Brendan Gleeson. (2014, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Gravity** Space thriller with Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Aeon Flux** Sci-fi action thriller starring Charlize Theron. (2005, 15, 93min) ★★
1.10 AM **Becoming** Fantasy thriller starring Toby Kebbell. (2019, 15, 98min) ★★
2.50 **Mortal** Norwegian fantasy starring Nat Wolff. Subtitled. (2020, 15, 100min) ★★
4.35 **to 6.25** AM **Captive State** Sci-fi thriller starring Ashton Sanders and John Goodman. (2019, 15, 109min) ★★★

Sky Cinema Music

302 302 856 402 502 516

6.10 AM **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★
7.55 **Almost Famous** Music drama. (2000, 15, 126min) ★★★★
10.35 **Bill and Ted's Excellent Adventure** (1988, PG) ★★★★
12.10 PM **The Fighting Temptations**
2.15 **The Bodyguard** (1992) ★★★
4.25 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
6.25 **Bill & Ted Face the Music** Comedy. (2020, PG) ★★★

6.25 Bill & Ted Face the Music

8.00 **Footloose** Dance drama starring Kevin Bacon as a foot-tapping Chicago kid who moves to the Midwest Bible Belt where rock 'n' roll is banned. With Lori Singer, John Lithgow and Dianne Wiest. (1984, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **People Just Do Nothing: Big in Japan** Comedy starring Allan Mustafa. (2021, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Fighting Temptations** Musical drama starring Cuba Gooding Jr, Beyoncé Knowles and Mike Epps. (2003, PG, 123min) ★★★
1.45 AM **Grease Live!** Live performance of the musical.
4.15 **to 6.05** AM **Stardust** Drama starring Johnny Flynn. David Bowie reinvents himself as Ziggy Stardust while touring America in 1971. With Marc Maron. (2020, 15, 109min) ★★

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Red Mountain** Western. (1951, PG, 84min) ★★
12.45 PM **Texas Lady** Western. (1955, U, 86min) ★★
2.30 **Pimpernel Smith** Adventure. (1941, b/w, U, 121min) ★★★
4.55 **The Running Man** Drama starring Laurence Harvey. (1963, PG, 101min) ★★★
7.05 **Fantastic Four** Superhero adventure with Miles Teller. (2015, 12, 100min) ★★

9.00 Freaks

Fantastic Four (film started at 7.05pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE** **Freaks** Sci-fi mystery starring Emile Hirsch. A girl discovers a mysterious new world beyond her front door after she escapes her father's protective and paranoid control. (2018, 15, 105min) ★★★★ **9 PM**
See review, page 24.
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.10 **Watchmen** Sci-fi action thriller based on the acclaimed graphic novel starring Malin Akerman, Billy Crudup, Matthew Goode and Jackie Earle Haley. (2009, 18, 155min) ★★★★ **11 PM**
2.20 **to 4.00** AM **Garage** Irish comedy drama starring Pat Shortt and Conor Ryan. (2007, 18, 85min) ★★★

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **Last of the Badmen** Western. (1967, 95min) ★★
7.50 **The White Tower** Adventure. (1950, U, 98min) ★★
9.40 **Trouble in the Sky** Airborne drama. (1960, U, 76min) ★★
11.30 **The Set Up** Boxing drama. (1949, b/w, PG, 72min) ★★★★
1.00 PM **Build My Gallows High** Classic film noir thriller. (1947, b/w, PG, 93min) ★★★★★

2.55 **Second Chance** Thriller. (1953, PG, 83min) ★★★
4.35 **Reunion at Fairborough** Drama. (1985, PG, 110min) ★★
6.50 **To Sir, with Love** Drama starring Sidney Poitier. (1966, PG, 105min) ★★
9.00 **Runners** Social drama starring James Fox and Jane Asher. A father is determined to track down his missing daughter. (1983, 15, 110min) ★★★
11.15 **Girl on a Motorcycle** Erotic drama. (1968, 15, 91min) ★

1.05 AM **Shampoo** Satirical comedy. (1975, 18, 110min) ★★★★
3.15 **Strongroom** Crime thriller. (1961, b/w, PG, 80min) ★★
4.35 **to 6.00** AM **Candlelight in Algeria** (1943, b/w, PG) ★★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Below the Surface** Thriller. (2016, PG, 90min) ★★
11.00 **The Perfect Stalker** Thriller. (2017, 12, 90min) ★★
1.00 PM **Deadly B&B** Thriller. (2018, 12, 90min) ★
2.50 **The Site of Murder: An Emma Fielding Mystery** Crime drama. (2017, PG, 90min) ★★
4.35 **Tracker** Period action drama. (2010, 12, 101min) ★★★

6.40 **Vertical Limit** Adventure thriller starring Chris O'Donnell. A photographer leads a perilous rescue mission to save a group of stranded mountaineers that includes his estranged sister. (2000, 12, 124min) ★★
9.00 **The Gift** Thriller starring Jason Bateman and Rebecca Hall. A couple have a series of troubling encounters with the husband's old schoolfriend that bring dark secrets to the surface. (2015, 15, 105min) ★★★★

11.10 **The Wedding Guest** Thriller. (2018, 15, 94min) ★★★
1.15 AM **Donnie Brasco** Drama. (1997, 18, 126min) ★★★★
4.00 **to 6.00** AM **I Spy** Comedy. (2002, 12, 96min) ★★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **Wings at War 4: The Rising Sun** Documentary.
7.05 **Diamond Hunters** Drama. (2001, PG, 120min) ★★
9.15 **Meteor Apocalypse** Sci-fi adventure. (2010, 15, 90min) ★
11.00 **Starsky & Hutch** 9&10/12. (S1)
1.00 PM **Hannah's Law** Western. (2012, PG, 88min) ★★
2.50 **Coroner Creek** Western. (1948, PG, 89min) ★★

4.50 **Breaker Morant** Historical drama starring Edward Woodward and Jack Thompson. (1979, PG, 107min) ★★★★
7.05 **Air Collision** Action drama starring Reginald VelJohnson. (2012, PG, 92min) ★
9.00 **I Am Wrath** Crime thriller with John Travolta and Christopher Meloni. A grieving widower is shocked when his wife's killers manage to evade justice, so he takes the law into his own hands. (2016, 15, 90min) ★★

10.55 **Assassination Games** Action thriller starring Jean-Claude Van Damme. (2010, 18, 95min) ★★
1.00 AM **Starsky & Hutch**
3.00 **to 4.00** AM **The Blitz on Coventry**

+1 hour 324

Movies 24

325 419

7.00 AM **Christmas in Vienna**
9.00 **My Christmas Wish** As 9pm.
11.00 **Bells Are Ringing: Christmas in Evergreen** As shown at 11pm.
1.00 PM **A Holiday in Harlem** As 1am.
3.00 **Cross Country Christmas** Drama starring Rachael Leigh Cook. (2020, PG, 83min) ★★
5.00 **Christmas Coincidence** Romance starring Kimberley Sustad. (2018, PG, 85min) ★★

7.00 **Christmas in Vienna** Romantic drama starring Sarah Drew and Brennan Elliott. A professional violinist rediscovers her passion for music, and a potential new partner, while performing in Vienna. (2020, U, 89min) ★★
9.00 **My Christmas Wish** Festive romance starring Meggan Kaiser. A woman rediscovers her Christmas spirit as she recreates her grandmother's handmade ornaments for a Yuletide fair. (2020, PG, 84min) ★★

11.00 **Bells Are Ringing: Christmas in Evergreen** Romantic drama. (2020, PG, 89min) ★★
1.00 AM **A Holiday in Harlem** Drama. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Cross Country...**

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **Saturday Night Fever** *5STAR* Dance drama starring John Travolta. ★★★★
9.00 **Dangerous Liaisons** *BBC4* Oscar-winning period drama starring Glenn Close. ★★★★
9.00 **Senna** *Sky Documentaries* The life of Formula 1 racing driver Ayrton Senna. ★★★★
10.00 **Aliens** *ITV4* Sci-fi thriller starring Sigourney Weaver and Michael Biehn. ★★★★★
10.00 **Asteroid-a-geddon** *Syfy* Action adventure starring Eric Roberts and Veronika Issa. ★★
10.55 **The Wife** *BBC4* Oscar-nominated drama starring Glenn Close, Jonathan Pryce and Max Irons. ★★★★
11.00 **Cold Pursuit** *Channel 5* Action drama starring Liam Neeson and Laura Dern. ★★★
11.25 **Dangerous Minds** *5STAR* Fact-based drama starring Michelle Pfeiffer. ★★★
12.50 AM **True Grit** *ITV4* Western remake starring Jeff Bridges and Hailee Steinfeld. ★★★★
1.55 **10 Cloverfield Lane** *Channel 4* Thriller starring Mary Elizabeth Winstead. (Signed) ★★★★

Thursday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News** Round-up of the latest sports news, with live analysis and comment, plus interviews with the headline-makers.
7.00 **Good Morning Euros** Round-up of the latest news from the UEFA Women's Euro 2022.
8.00 LIVE **DP World Tour Golf** Coverage of the opening day's play of the Genesis Scottish Open from the Renaissance Club in North Berwick.
12.30 PM LIVE **DP World Tour Golf** Further coverage of the opening day's play of the Genesis Scottish Open from the Renaissance Club in North Berwick.
5.30 LIVE **International T20 Cricket England v India.** Coverage of the opening match of the three-game series, held at the Ageas Bowl, Southampton.
10.00 LIVE **PGA Tour Golf** Coverage of the opening day's play of the Barbasol Championship, taking place at the Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **Total Access**
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Paul Ince**
7.30 **PL Legends: Teddy Sheringham**
8.00 **Best PL Goals: Manchester United v Newcastle**
8.30 **Best PL Goals: Manchester United**
9.00 **Premier League 100 Club**
10.00 **PL Retro** From 2015/16.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 13/14**
5.00 **Premier League 100 Club**
6.00 **PL Legends: David Seaman**
6.30 **Premier League Stories**
7.00 **Premier League**
9.00 **Premier League Stories**
9.30 **Gary Neville's Soccerbox**
10.00 **Premier League Icons**
10.30 **PL Retro** Leeds United v Liverpool from 2000.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 14/15**
5.00 **Best PL Goals: Man City**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Greatest Games**
9.00 **EFL Play-off Final: League 2 20/21**
10.00 **EFL Play-off Final: League 2 19/20**
11.00 **EFL Play-off Finals L2 18/19**
12.00 NOON **EFL Highlights**
2.00 PM **EFL Play-off Final: League 1 20/21**
3.00 **EFL Highlights**
5.00 **EFL** Action from Sunderland v Wycombe Wanderers.
6.00 **Best Goals of the Carabao Cup 2020/21**
6.30 **EFL Cup Highlights**
10.30 **Best Goals of the Carabao Cup 2020/21**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Play-off Final: League 2 19/20**
1.00 AM **EFL Play-off Final League 1 19/20**
2.00 **EFL C'Ship PlayOff SF 1st Leg**
2.15 **EFL Highlights**
2.30 **EFL C'Ship Play-Off SF Hlts**
2.45 **EFL Highlights**
3.00 **Play-off Final C'Ship 19/20**
4.00 **EFL Trophy Semi Final Hlts**
5.00 **EFL Trophy Football**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Fletcher Years**
8.00 **Test Cricket** England v India. Highlights of all five days of the rearranged fifth and final Test in the series, which takes place at Edgbaston, Birmingham.
1.00 PM **Vitality T20 Blast Cricket** A replay of a quarter-final.
4.45 **Best of England v India** Action from the sole T20 in the 2014 series staged at Edgbaston. **5.10** The ICC World Twenty20 Super 8s match from 2007.
5.30 LIVE **International T20 Cricket England v India.** Coverage of the opening match of the three-game series, held at the Ageas Bowl, Southampton.
10.00 **Cricket in Mumbai** Nasser Hussain visits Mumbai to examine the city's influence on Indian cricket, as he explores the past, present and future of the sport.
11.00 **Best of England v India**
12.00 M'T **International T20 Cricket** A re-run of England v India.
4.30 AM **Vitality T20 Blast Cricket** Durham Jets v Northamptonshire Steelbacks in the 2016 final.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA EuroPro Tour Golf** The Bendac Championship.
8.00 LIVE **DP World Tour Golf** Coverage of day one of the Genesis Scottish Open, which is being held at the Renaissance Club in North Berwick.
12.30 PM LIVE **DP World Tour Golf** Further coverage of the opening day of the Genesis Scottish Open from North Berwick.
6.30 **European Challenge Tour Golf** Action from the Italian Challenge.
7.00 **PGA Tour: The Cut**
7.30 **The Open Roadtrip**
8.00 **DP World Tour Golf** Highlights from day one of the Genesis Scottish Open.
9.00 LIVE **PGA Tour Golf** Coverage of the opening day's play of the Barbasol Championship, taking place at the Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **DP World Tour Golf** Triple bill of highlights.
3.00 AM **Chronicles of a Champion Golfer**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **WSL Championship Tour**
7.00 **BT Sport Reload**
7.15 **WWE NXT** Wrestling action.
9.00 **Premier League Stories**
9.30 **ESPN FC** Football news.
10.00 LIVE **AFL Geelong Cats v Melbourne Demons.** Bounce-up **10.20am**.
1.00 PM **FIH Hockey Pro League**
1.30 **Hockey Women's World Cup**
3.30 LIVE **FIH Hockey Women's World Cup England v China.** The Pool B match from Wagener Stadium. Push-back **3.30pm**.
5.30 **ESPN FC** Football news.
6.00 **BT Sport Reload**
6.15 LIVE **T20 Cricket West Indies v Bangladesh.** The third and final T20 in the series from Providence Stadium in Guyana.
10.00 **Fishing: On the Bank**
11.00 **The Aussie Rules Show**
12.00 M'T LIVE **MLB Boston Red Sox v New York Yankees.** The American League match from Fenway Park. Start-time **12.20am**.
3.30 AM **UFC Fight Camp**
4.00 **UFC: The Ultimate Fighter**
5.00 **to 6.00** AM **Boxing: Pazienza v Duran II 1995**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **FIH Hockey Women's World Cup** Four editions.
10.00 **Badminton** Action from the Finals of the Malaysia Open.
12.00 NOON **Fishing: On the Bank** Action from round two of the UK Angling Championships.
1.00 PM **The Volleyball Show**
1.30 **The Aussie Rules Show**
2.30 **WWE Friday Night SmackDown** Wrestling action.
4.00 **WWE Monday Night Raw**
6.30 LIVE **FIH Hockey Women's World Cup India v New Zealand.** Coverage of the Pool B match from Wagener Stadium, Amstelveen. Push-back **6.30pm**.
8.30 LIVE **FIH Hockey Women's World Cup South Korea v Spain.** Coverage of the Pool C match from Estadi Olimpic de Terrassa. Push-back **8.30pm**.
10.30 **UFC Fight Camp**
11.00 **UFC: The Ultimate Fighter**
12.00 M'T **BT Sport Fight Night**
2.00 AM LIVE **CFL Edmonton Elks v Calgary Stampeders.** Coverage of the match from Commonwealth Stadium. Kick-off **2.00am**.
5.00 **UFC Fight Camp**
5.30 **to 6.00** AM **BT Sport Reload**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1 Highlights**
10.00 **FIM JuniorGP Championship**
1.45 PM **World Rallycross Championship Highlights**
2.45 **BT Sport Reload**
3.00 **Badminton Unlimited**
3.30 **WSL Championship Tour** Action from the finals day at the Oi Rio Pro surfing event.
4.30 **The Volleyball Show**
5.00 LIVE **FIH Hockey Women's World Cup Argentina v Canada.** Coverage of the Pool C match from Estadi Olimpic de Terrassa. Push-back **5.00pm**.
7.00 **AFL** Action from Geelong Cats v Melbourne Demons.
9.00 **WWE NXT Highlights**
10.00 **BT Sport Films**
11.00 **Formula Regional European Championship** Action from the fifth round of the season.
11.30 **Irish Rally Review**
12.30 AM **World Rallycross Championship Highlights**
1.30 **Motorsport: DTM**
2.30 **BT Sport Reload**
3.00 **Badminton Unlimited**
3.30 **Gearing Up**
4.00 **to 6.00** AM **Gallagher Premiership Rugby Union**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL: America's Game** A look at New England Patriots' 2003 Super Bowl victory.
7.00 **NFL Highlights** Atlanta Falcons v New England Patriots.
8.00 **World Cup of Darts** A replay of the evening session of day four at Eissporthalle, Frankfurt.
11.15 **Darts Gold** Triple bill.
12.00 NOON **International Rugby Union** A chance to see South Africa v Wales in the first Test.
3.00 PM **International Rugby Union** Another chance to see Argentina v Scotland in the first Test.
6.00 **Top Rank Boxing Archive** Ayub Kalule v Sugar Ray Leonard.
7.00 **The Darts Show**
7.30 **World Matchplay Darts** Action from the 2021 final.
9.30 **The Darts Show**
10.00 **International Rugby Union** Highlights of Australia v England.
11.00 **NFL Hard Knocks: Dallas Cowboys** Pre-season training.
12.00 M'T **Total Access**
1.00 AM **NFL Bitesize Highlights**
1.30 **The Darts Show**
2.00 **World Cup of Darts**
5.15 **The Darts Show**
5.45 **to 6.00** AM **Darts Gold**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Fighting Fit 2020**
7.00 **Fit In 5**
7.30 **My Icon** Triple bill.
8.15 **British Basketball** A replay of London Lions v Sevenoaks Suns.
11.15 **WNBA** Connecticut Sun v Washington Mystics.
1.00 PM **NBA Basketball** Another chance to see Cleveland Cavaliers v Boston Celtics.
3.00 **Fighting Fit 2020**
4.00 **Fit In 5**
4.30 **My Icon** Triple bill.
5.15 **Netball Superleague** A replay of Loughborough Lightning v Manchester Thunder.
7.15 **WNBA** Another chance to see Minnesota Lynx v Chicago Sky.
9.00 **NBA Basketball** Los Angeles Lakers v San Antonio Spurs.
10.30 **NBA Classic Games: Bulls @ Sixers 2012** A memorable match between Chicago Bulls and Philadelphia 76ers from 2012.
11.30 **WNBA** Another chance to see Minnesota Lynx v Chicago Sky.
1.15 AM **Betfred Super League Highlights** Recent action.
2.00 **Fight Night International** Artur Beterbiev v Joe Smith Jr.
5.00 **to 6.00** AM **Fight Night**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **ESPN FC** Football news.
6.30 **ESPN SportsCenter**
6.45 **Around the Horn**
7.15 **Pardon the Interruption**
7.45 **ESPN SportsCenter**
8.00 **MLB** Baseball action.
11.00 **MLB Quick Pitch**
12.00 NOON **ESPN FC**
12.30 PM **ESPN SportsCenter**
12.45 **Around the Horn**
1.15 **Pardon the Interruption**
1.45 **ESPN SportsCenter**
2.00 **MLB** Baseball action.
5.00 **Around the Horn**
5.30 **Pardon the Interruption**
6.00 **MLB Quick Pitch**
7.00 LIVE **MLB Houston Astros v Kansas City Royals.** The American League match at Minute Maid Park. Start-time **7.10pm**.
10.30 **ESPN SportsCenter**
10.45 **BT Sport Reload**
11.15 **ESPN FC** Football news.
11.45 **ESPN SportsCenter**
12.00 M'T **to 6.00** AM **AFL**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The...**
7.30 **Cycling: Strade Bianche**
7.45 **Tennis: Wimbledon**
9.15 **Cycling: Tour de France**
10.15 **Tour de France: The Breakaway**
10.45 LIVE **Cycling: Tour de France** Coverage of the sixth stage.
5.00 PM **Cycling: Giro d'Italia – Women** Stage seven.
6.30 **Olympic Games: Before They Were Superstars**
7.00 **FIA World Endurance Champs**
8.05 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Cycling: Giro d'Italia – Women**
11.05 **Cycling: Tour de France**
12.00 M'T **Tour de France: The...**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **Olympic Games: Before They Were Superstars**
4.00 **Tennis: Wimbledon**
5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Highlights**
9.00 **Electric Touring Car Racing**
9.45 **World Superbikes Classics**
10.00 **FIA World Endurance Champs**
11.00 **The Power of Sport**
11.30 **Climbing Show**
12.00 NOON **Tennis: Wimbledon**
1.30 PM **Motocross World Champs**
2.00 **World Superbikes**
4.00 **World Touring Car Cup**
5.00 **Formula E** The Berlin ePrix.
6.00 **Motocross World Champs**
7.00 **Olympic Games: Before They Were Superstars**
7.30 **The Power of Sport**
8.00 **Climbing World Cup**
9.00 **Electric Touring Car Racing**
9.45 **Roland-Garros**
10.00 **Tennis: Wimbledon**
11.30 **FIA World Endurance Champs**
12.35 AM **Cycling: Tour de France**
1.30 **Tour de France: The Breakaway**
2.00 **Tennis: Wimbledon**
3.30 **Cycling: Tour de France**
4.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.00 **State of Origin Rugby League**
8.00 **S/Lge Retro: Magic Weekend**
10.00 **State of Origin Rugby League Highlights**
10.15 **Women's State of Origin**
10.30 **State of Origin Rugby League Highlights**
10.45 **Super League Gold**
10.50 LIVE **NRL Cronulla-Sutherland Sharks v Melbourne Storm.** Coverage from PointsBet Stadium. Kick-off **10.50am**.
12.50 PM **My Icon** Leon Pryce.
1.00 **Super League Highlights**
2.45 **S/Lge Retro: Magic Weekend**
4.45 **WNBA** Basketball action.
6.30 **Super League Highlights**
8.00 **Rugby League Retro**
10.00 **WNBA** Basketball action.
11.45 **NBA Champions**
1.00 AM **NBA Basketball**
4.00 **Show Jumping**
5.00 **to 6.00** AM **State of Origin Rugby League**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **F1: Best of 2021**
10.15 **Charles and Carlos**
10.25 **Imola Track Guide**
10.30 **Ferrari Challenge UK**
11.00 **Austrian F1 Grand Prix 2017**
1.00 PM **Austrian F1 Grand Prix 2018** From Red Bull Ring.
2.55 **Lando's Insta**
3.00 **Austrian F1 Grand Prix 2019**
4.55 **Johnny in Jones' Champ Car**
5.00 **Austrian F1 Grand Prix 2020**
7.10 **Russell Riding High**
7.20 **Brazil 2008 Revisited**
7.30 **Formula 1** The British Grand Prix.
9.45 **Ted & the VR Car**
9.50 **Daniel Ricciardo's NASCAR Run**
10.00 **Austrian F1 Grand Prix 2021**
12.00 M'T **Off Track**
12.15 AM **Rachel Interviews**
12.25 **Johnny in Jones' Champ Car**
12.30 **The Weekend Debrief**
1.00 **Formula One: Best of 2021**
2.30 **Best of Australia 2022**
3.00 **Best of Imola 2022**
3.30 **to 6.00** AM **F1: Best of 2021**

SKY HD SD | VIRGIN HD | BT HD

Friday

8 July

Evening Planner

OnDemand

NETFLIX

Dangerous Liaisons

Available today

Modern retelling of the classic French novel, in which a booksmart student is targeted as the subject of a bet

OnDemand

NETFLIX

Boo, Bitch

Available today

A high school senior (*To All the Boys*' Lana Condor) is just dying to make her mark before graduation – in this comedy

OnDemand

tv+

Black Bird

Available today

Fact-based drama starring Taron Egerton as a prison inmate who tries to extract a confession from a suspected killer

OnDemand

NETFLIX

The Sea Beast

Available today

Karl Urban, Kathy Burke and Jared Harris lend their voices to this fun animation about a monster hunter

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 News; Local News	7.45 Football: Women's Euro 2022 – Live: Germany v Denmark (Kick-off 8.00)					10.00 News; Local News	
	102 BBC2	7.00 Wimbledon – Live		8.00 Today at Wimbledon		9.00 Elizabeth Taylor: A Life in Ten Pictures		10.00 Live at the...	10.30 Newsnight
	103 ITV	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Jane Austen's Sanditon		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 One Question		9.00 Celebrity Gogglebox		10.00 Live: The Latest Show with Mo Gilligan	
	105 CHANNEL 5	7.00 The Cruise		8.00 Live: Summer on the Farm		9.00 British Planes That Won the War...		10.00 Million Pound Motorhomes	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Young Rock		9.00 Rob & Romesh vs Restaurants...		10.00 F1: Austrian Grand Prix Qualifying	
ENTERTAINMENT	117 BBC3	7.00 Top Gear		8.00 Eating with My...	8.30 Queen of Trucks	9.00 Tartan Around with Lawrence Chaney			
	116 BBC4	7.00 Sings Bacharach and David!		8.00 TOTP: 1993		9.00 Depeche Mode at the BBC		10.00 Depeche Mode at 6Music Festival...	
	118 ITV2	7.00 Bob's Burgers		8.00 Superstore		9.00 Love Island			10.05 Apocalypse Wow
	136 MORE4	◂ 6.55 Escape to the Chateau: DIY	7.55 Devon and Cornwall			9.00 Rig 45: Murder at Sea		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Neighborhood	8.00 Below Deck		9.00 Film: Daddy's Home			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 9-1-1		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 5.40 Film: Temple Grandin	7.45 Game of Thrones			9.00 The White Lotus			10.05 Blocco 181
	110 GOLD		7.20 Dad's Army	8.00 The Good Life			9.15 Men Behaving Badly		10.35 Live at...
	111 DAVE	7.00 Richard Osman's...	7.40 Room 101			9.00 QI XL		10.00 Mock the Week	10.40 Big...
	119 ITV3	7.00 Heartbeat		8.00 Maigret Sets a Trap				10.00 Blue Murder	
	120 ITV4	7.00 Tour de France Highlights		8.00 Mr Bean		9.05 Film: U.S. Marshals			
	112 COMEDY CENTRAL		7.05 Friends		8.10 Film: Liar Liar			10.00 Jimmy Carr: Laughing & Joking Uncut	
	152 SYFY	7.00 Quantum Leap		8.00 Star Trek: Deep Space Nine		9.00 Grimm		10.00 Film: Jungle Run	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Flintoff: Lord of the Fries		9.00 Rob & Romesh vs Restaurants...		10.00 The Blacklist	
	132 ALIBI	7.00 Rizzoli & Isles		8.00 Death in Paradise		9.00 Tommy			
	130 SKY ARTS	7.00 Live from the Artists Den		8.00 Dean Martin: A Legend in Concert		9.00 Bee Gees: One Night Only			
DOCUMENTARY	125 DISCOVERY	7.00 Outback Truckers		8.00 Gold Rush: Parker's Trail		9.00 Expedition Unknown		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Intruders		9.00 Monsters Inside Me		10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of the Maya		9.00 Ancient X Files		10.00 Vikings: The Rise and Fall	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Liquidator	8.30 Vintage Tech...	9.00 Lost Cities of the Trojans		10.00 Egypt's Unexplained Files	
	155 YESTERDAY	7.00 Abandoned Engineering		8.00 The Architecture the Railways Built		9.00 Secrets of the London Underground		10.00 Bangers and Cash	
	121 SKY DOCS	7.00 Inside the Freemasons		8.00 Veleno: The Town of Lost Children		9.00 Scouting For Girls: Fashion's Darkest...		10.00 Who Killed the KLF?	
FILMS - Sky Cinema	301 PREMIERE	◂ 6.20 Sundown		8.00 How to Please a Woman			9.50 King Richard		
	303 HITS	◂ 6.05 Blacklight		8.00 Dune					
	304 GREATS	◂ 6.00 Three Days of the Condor		8.00 The Spy Who Came in from the Cold			9.55 Total Recall		
	305 ANIMATION		7.15 The Lego Movie			9.00 Rock Dog 2: Rock Around the Park			
	306 FAMILY	◂ 6.45 Spy Kids 3: Game Over		8.15 The Cat in the Hat			9.45 The Spy Next Door		
	307 ACTION	◂ 6.00 The Huntsman: Winter's War		8.00 Hellboy II: The Golden Army				10.00 300	
	308 COMEDY	◂ 6.00 White Chicks		8.00 Notting Hill					10.05 Jay and Silent Bob Strike Back
	309 THRILLER	◂ 6.00 Promising Young Woman		8.00 Revolver				10.00 The Equalizer 2	
	310 DRAMA	◂ 6.15 Jersey Girl		8.00 A Beautiful Mind					10.20 Erin Brockovich
	311 SCI-FI	◂ 6.00 The Forever Purge		8.00 A Quiet Place Part II			9.45 The Unholy		
	302 MUSIC	◂ 6.00 Pitch Perfect		8.00 In the Heights					10.25 Chicago
	313 FILM4	◂ 6.35 Mortal Engines				9.00 Daredevil			
	315 TCM MOVIES	7.00 The Ladykillers				9.00 Man of Steel			
SPORT	401 MAIN EVENT	◂ 6.15 Vitality T20 Blast Cricket – Live: Coverage of the second quarter-final						10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 Premier League				9.00 Gary Neville's Soccerbox		10.00 PL Icons	10.30 PL Retro
	403 FOOTBALL	7.00 EFL Cup Highlights					9.30 EFL Cup		10.30 Best Goals...
	404 CRICKET	◂ 6.15 Vitality T20 Blast Cricket – Live: Coverage of the second quarter-final						10.00 Voices of...	10.30 Talking Cricket
	413 BT SPORT 1	◂ 6.00 AFL		8.00 BT Sport Fight Night				10.00 WWE NXT UK	
	414 BT SPORT 2	◂ 6.00 V10...	7.30 World Rallycross Championship...		8.30 V10 R-League – Live			10.00 UFC Fight...	10.30 UFC Live

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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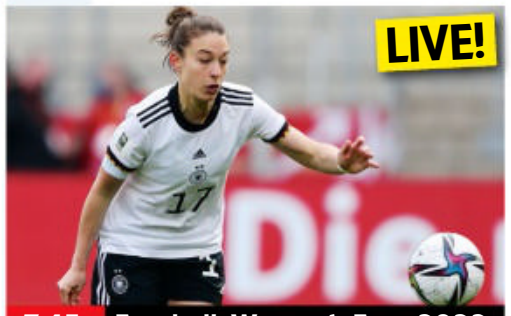
Friday

BBC1

101 101/115 801 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Frontline Fightback** Series finale 10/10. High-tech cameras help police identify the man responsible for a horrific acid attack. (S)(AD)
10.45 **Expert Witness** A case involving the examination of pollen. (S)(R)
11.15 **Homes Under the Hammer** Properties in Stoke-on-Trent, Newport and Ipswich. (S)(R)(AD)
12.15 PM **Bargain Hunt** New edition Natasha Raskin Sharp presents from Hele near Exeter. (S)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 LIVE **Wimbledon** Sue Barker presents coverage of the 12th day from the All England Club, featuring the men's singles semi-finals. *Continues on BBC2*. (S)



7.45 Football: Women's Euro 2022

7 PM

7.00 **BBC News** (S)
7.20 **Local News** (S)
7.45 LIVE **Football: Women's Euro 2022** Germany v Denmark: Alex Scott presents coverage of both teams' opening Group B match, held at Brentford Community Stadium. With analysis from Kelly Smith and Laura Georges, and commentary by Vicki Sparks and Scott Booth. Kick-off is at 8.00. (S)

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Avoidance** New episode 5/6. Jonathan worries he has no friends, so makes the mistake of going out with his boss Keith. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.10 **Bump** New episodes 5/10. Oly and Santi gear up for a big night out with their friends. (S) **11.40** 6/10. Angie offers some advice to Oly. (S2) (S)
12.10 AM FILM **Internal Affairs** Thriller about corruption in the LA police force, starring Richard Gere, Andy Garcia and Nancy Travis. (S) (1990, 18, 110min) ★★★★
2.00 **Weather for the Week Ahead** Seven-day forecast. (S)
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.15 AM **Frontline Fightback** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: The Airport: Back in the Skies** (S)(R)(AD)
8.30 **Sign Zone: Extraordinary Portraits** With Bella Kotak. (S)(R)
9.00 **BBC News** (S)
11.45 **Politics UK** (S)
12.30 PM LIVE **Wimbledon** Sue Barker and Isa Guha present coverage of the 12th day from the All England Club. *Today's BBC schedules are subject to change.* (S)
■ Further coverage options available via the Red Button
4.45 LIVE **Football: Women's Euro 2022** Spain v Finland: Eilidh Barbour presents all the action from the opening Group B match, held at Stadium MK in Milton Keynes. Kick-off is at 5.00. (S)

9.00 Elizabeth Taylor: A Life in Ten...

7.00 LIVE **Wimbledon** Further coverage of the 12th day's play from the All England Club. Among the matches scheduled to take place today were semi-finals in the men's singles, ladies' doubles and boys' and girls' singles. (S)

8.00 **Today at Wimbledon** Clare Balding introduces action from day 12 at the All England Club, where the men's singles semi-finals were scheduled to take centre stage. Plus, a preview of tomorrow's ladies' singles final. (S)

9.00 **Elizabeth Taylor: A Life in Ten Pictures** 3/6. A journey through the actress's life in 10 photos, with their secrets being revealed by those who were there and those who knew Elizabeth Taylor's story best. (S)(R)

10.00 **Live at the Apollo** Chris McCausland introduces sets by Sophie Duker and Emmanuel Sonubi. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Miriam Margolyes: Almost Australian** 1/3. The actress drives around the country, discovering what it means to be an Australian. (S)(R)(AD)
12.05 AM **Sign Zone: Mental Health – Young Lives in Crisis** A *Panorama* special. (S)(R)
1.05 **Sign Zone: Back in Time for Birmingham** (S)(R)(AD)
2.05 **Sign Zone: My Unique B&B** (S)(R)
2.35 **to 6.30** AM **Previews** (S)

ITV

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.00 **ITV News** (S)
1.25 **Local News** (S)
1.30 LIVE **Racing** Oli Bell presents coverage of day two of the July Festival from Newmarket, including the 2.25 Duchess of Cambridge Stakes and 3.35 Falmouth Stakes, plus two races from York. With analysis from Jason Weaver and Leonna Mayor, and commentary by Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Liv is stunned when her mother turns up, a relationship starts to build, and Chas receives a message from Al. (S)(AD)

8.00 **Coronation Street** Audrey's trust in Stephen puts her grandchildren's noses out of joint, Fiz and Phill prepare to say their vows with Tyrone in attendance, and Stu leaves Zeedan in the lurch while drowning his sorrows. (S)(AD)

9.00 **Jane Austen's Sanditon** 4/8. The arrival of Miss Lambe's forbidden love causes Charlotte to question her opinion of Sidney. Clara grows suspicious about Esther and Sir Edward's relationship. (S1) (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Fast & Furious Presents Hobbs & Shaw** Action adventure starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw must put their differences aside and team up to stop a major terror threat. With Idris Elba. (S)(AD) (2019, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Shop: Ideal World**
3.00 **Tour de France Highlights** Action from the seventh stage. (S)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Vick Hope's Breakfast Show** With Eamonn Holmes and Nabil Abdulrashid. (S)(SL)(R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104/108 104/138 | 104 104/141 | 4 104 | 104

6.35 AM **3rd Rock from the Sun** (S)(R)
7.25 **The King of Queens** (S)(R)(AD)
8.15 **Frasier** 10-12/24. (S4) (S)(R)(AD)
9.45 **The Big Bang Theory** (S)(R)(AD)
11.05 **Car S.O.S** A 1930 Ford. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Ramsay's 24 Hours to Hell and Back** From Virginia. (S)(R)(AD)
1.05 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **Find It, Fix It, Flog It** New edition Restoring a dolls' house. (S)(AD)
4.00 **A Place in the Sun** New edition Seeking a retirement property on Greece's Messinia Peninsula. (S)
5.00 **Come Dine with Me: The Professionals** New edition From the Manchester area. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Warren grows suspicious of Sienna. (S)(AD)

10.00 The Latest Show with Mo Gilligan

7.00 **News** (S)

8.00 **One Question** New edition 3/6. Claudia Winkleman invites husband and wife Scott and Kiaya from Berkshire, and best friends and business partners Louis and Connor from London to compete for a £100,000 prize. (S)(AD)

9.00 **Celebrity Gogglebox** New edition Famous faces including Micah Richards and Jamie Carragher, and Shaun Ryder and Bez, become the country's most opinionated viewers as they critique the week's TV. (S)(AD)

10.00 **The Latest Show with Mo Gilligan** Series finale 7/7. The series concludes with a special live show, with TV presenters AJ Odudu and Jonathan Ross, and boy band Blue. (S)
11.05 **8 Out of 10 Cats Does Countdown** Lee Mack and Joe Wilkinson take on Jon Richardson and Jessica Knappett. (S)(R)
12.10 AM FILM **Maze Runner: The Scorch Trials** Sci-fi adventure sequel starring Dylan O'Brien. (S)(AD) (2015, 12, 130min) ★★★
2.20 FILM **Super 8** Sci-fi mystery starring Joel Courtney. (S)(AD) (2011, 12, 110min) ★★★★
4.10 **to 6.20** AM **Come Dine with Me** (R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.15 PM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.10 **News** (S)
1.15 **Home and Away** (S)(AD)
1.45 **Neighbours** (S)(AD)
2.15 **Morning Show Mystery: A Murder in Mind** Crime drama starring Holly Robinson Peete and Rick Fox. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** Liverpool crooner Eddie hopes to crack the local entertainment scene, but is under pressure to get gigs. (S)(R)
5.00 **News** (S)
6.00 **Neighbours** Freya takes comfort that her actions have kept David safe. (S)(R)(AD)
6.30 **Eggheads** Quiz show. (S)(R)

9.00 British Planes That Won...

7.00 **The Cruise** 3/20. *Scarlet Lady* nears the end of a cruise around the Caribbean, though there are some rough heads on board after last night's party. (S)(R)
7.55 **News** (S)
8.00 **Live: Summer on the Farm** Series finale 5/5. Helen Skelton and Martin Hughes-Games host a final report from Cannon Hall Farm in south Yorkshire, run by brothers Rob and Dave Nicholson. (S)
9.00 **British Planes That Won the War with Rob Bell** Series finale 4/4. The engineer tells the story of the Harrier Jump Jet, the first operational aircraft to employ vertical take-off and landing. (S)
10.00 **Million Pound Motorhomes** Rustie Lee goes shopping for her first motorhome, and a couple with a baby and a dog take the leap of moving out of their house and into a customised overlander. (S)(R)
10.55 **Morecambe & Wise: 30 Funniest Moments** Memorable comedy sketches. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **LeoVegas Live Casino Show**
3.00 **Entertainment News** (S)
3.10 **Police: Hour of Duty** (S)(R)
4.00 **Building Britain's Railways With Chris Tarrant** (S)(R)(AD)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **to 5.35** AM **Divine Designs** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 110 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Sky News Breakfast**
8.00 **Beth Rigby Interviews**
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 14/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S2) (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
2.00 **MacGyver** (S1) (S)(R)(AD)
3.00 **Impossible Animals** (S)(R)(AD)
4.00 **Modern Family** (S3) (S)(R)
5.00 **The Simpsons** *The Yellow Badge of Cowardge*. (R)
5.30 **The Fresh Prince of Bel Air** 13/24. Philip is held hostage by a gun-toting clown. (S)(R) **6.00** 14/24. Part one of two. Ashley is offered a lucrative modelling contract. (S6) (S)(R)
6.30 **The Simpsons** *The Musk Who Fell to Earth:* Billionaire inventor Elon Musk comes to town. (S)(R)

8.00 Young Rock

7.00 **The Simpsons** *Walking Big & Tall:* Bart and Lisa try to find a new town anthem for Springfield. With Pharrell Williams. (S)(R) **7.30** *My Fare Lady:* Homer, inadvertently causes Moe to become bankrupt. (S)(R)
8.00 **Young Rock** New episodes 5/12. Dwayne asks Rocky to train him to become a wrestler. **8.30** 6/12. When Dewey gets in trouble, Ata enlists the help of Andre the Giant to set him straight. (S2)
9.00 **Rob & Romesh vs Restaurants: First Course** 1/2. Rob Beckett and Romesh Ranganathan try to open their own restaurant, beginning by learning about the industry from chef Tom Kerridge. (S)(R)(AD)
10.00 **F1: Austrian Grand Prix Qualifying** Highlights of the session to determine grid positions for Saturday's sprint race at the Red Bull Ring, Spielberg. (R)
11.45 **Scouting For Girls: Fashion's Darkest Secret** 3/3. Documentary exploring abuse in the fashion industry. (S)(R)
12.50 AM **The Lazarus Project** 4/8. George decides to put his plan into motion. (S1) (S)(R)
1.55 **The Force: Manchester** (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **MacGyver** (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
12.10am TRNSMT (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations
WALES
Sky **952**, Virgin **864**, Freesat **964**
No variations

BBC2

N. IRELAND
Sky **972**, Freesat **969**
No variations
WALES
Sky **971**, Freesat **971**
9.00-10.00pm Rhod Gilbert: Stand Up to Infertility (S)(R)

ITV

As main ITV except:
WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.05** Prynhawn Da New edition **1.55** Newyddion S4C a'r Tywydd **2.00** Seiclo: Le Tour de France **4.40** Caru Canu a Stori **4.50** Blero yn Mynd i Ocido **5.00** Stwnsh **6.00** Cegin Bryn **6.25** Chwedloni New edition **6.30** Garddio a Mwy **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Triathlon Cymru 2022 New edition **8.25** Pobol y Penwythnos **8.55** Newyddion S4C a'r Tywydd **9.00** NEW SERIES Cheer am Byth **9.30** NEW SERIES Persona (AD) **9.45** Persona New episode (AD) **10.00** Seiclo: Le Tour de France **10.35** Hyd y Pwrs (AD) **11.05-11.40pm** Curador New edition

TV&Satellite week
New issue on sale now

BBC3

117/141/173 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** A race across the Arabian peninsula.
7.55 **The Catch Up**
8.00 **Eating with My Ex** *Love Island's* Priya and Brett have a lot to hash out.
8.30 **Queen of Trucks** Behind the scenes of a trucking school in the West Midlands.
9.00 NEW SERIES **Tartan Around with Lawrence Chaney** 1-8/8. Series in which the drag queen visits California, travelling around Tinseltown and meeting up with celebrity friends and fellow drag queens to see what makes Los Angeles so special.
11.25 FILM **Sliding Doors** Romantic comedy starring Gwyneth Paltrow. A woman's life unfolds in two different ways – depending on whether or not she catches a train. (1997, 15, 95min) ★★★★
1.00 AM **Hungry for It**
2.00 **The Big Proud Party Agency** Double bill.
3.00 **to 4.00** AM **People Just Do Nothing**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Sings Bacharach and David!** Performances of songs penned by Burt Bacharach and Hal David.
8.00 **TOTP: 1993** With Sister Sledge, Iron Maiden, Shaggy and Shabba Ranks. **8.30** Performances by Hue and Cry, Snow, Right Said Fred and Big Country.
9.00 **Depeche Mode at the BBC** Past TV performances by the band, who emerged from the UK's post-punk scene in the early 1980s.
10.00 **Depeche Mode at 6Music Festival 2017** Highlights of the band's performance in Glasgow.
11.00 **Synth Britannia** A history of the early days of British synthpop. With contributions from Bernard Sumner, Gary Numan and Neil Tennant.
12.30 AM **Synth Britannia at the BBC** A compilation of music from the genre.
1.30 **Pet Shop Boys in Concert 1991** A show from the group's 1991 world tour.
2.30 **to 3.30** AM **TOTP: 1993**

MORE4

136 136 831 | 147 195 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Book binding.
9.15 **A Place in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **The Block: Big Renovation Challenge** New edition The time arrives for the contestants to celebrate all they have accomplished.
5.55 **Heir Hunters** The team uncover the courageous exploits of a family member in the deserts of Egypt.
6.55 **Escape to the Chateau: DIY** Stephanie builds a huge pergola on the terrace.
7.55 **Devon and Cornwall** Mussel farmers Barry and Matt Sessions attempt to outwit the seagulls.
9.00 **Rig 45: Murder at Sea** New episode Now that a murder has taken place, the crew members face the horrifying fact that there is a killer on board and it must be one of them. Partly subtitled. (S1)
10.00 **24 Hours in A&E** A man breaks his leg after being thrown from his bike.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **8 Out of 10 Cats Does Countdown**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 86 | 125

E4

135 135 830 | 106 145 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Black-ish**
8.00 **The Big Bang Theory**
8.30 **Ramsay's Kitchen Nightmares USA**
9.30 **Married at First Sight Australia** Reality series.
11.00 **The Goldbergs**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Young Sheldon**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory** Four episodes. (S4&10)
7.00 **Hollyoaks** Sienna seeks revenge for Brody's murder.
7.30 **The Neighborhood** New episode 20/22. Calvin is honoured by the Chamber of Commerce. (S4)
8.00 **Below Deck** New edition Kevin confronts Simone over a lacklustre service experience, before he scrambles to put together a seafood extravaganza.
9.00 FILM **Daddy's Home** Comedy starring Will Ferrell and Mark Wahlberg. (2015, 12, 96min) ★★★
10.55 **Naked Attraction** A 23-year-old virgin from Kent picks a partner.
11.55 **Naked Attraction**
1.00 AM **First Dates: Valentine's Special**
2.05 **Gogglebox**
3.05 **Below Deck**
3.55 **The Big Bang Theory**
4.20 **to 6.00** AM **Melissa & Joey**

+1 hour 235 | 146 | 30 | 123

Friday primetime

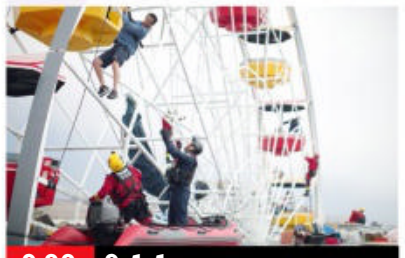
FRIDAY Entertainment

Friday

Sky Witness

107 107 807 | 112 111 | 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Road Wars**
10.00 **UK Border Force**
11.00 **Law & Order** 4/24. (S15)
12.00 NOON **Private Eyes** 5/8. (S5)
1.00 PM **Blue Bloods** 18/22. (S5)
2.00 **The Equalizer** 10/18. (S2)
3.00 **Stop, Search, Seize**
4.00 **UK Border Force** The team investigate a number of fake weddings.
5.00 **Nothing to Declare** Four editions of the documentary.


9.00 9-1-1

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *Trust:* 6/22. Danny and Baez investigate the death of college freshman at a frat party. (S9)

9 PM

9.00 **9-1-1** *Sink or Swim:* 2/18. A huge tsunami hits the Santa Monica Pier, endangering Buck and Christopher. (S3)

10 PM

10.00 **Blue Bloods** *Protective Instincts:* 3/20. Frank's old friend Lenny Ross presents him with an exciting job offer. (S12)
11.00 **Private Eyes** 2/8. (S5)
12.00 M'T **Law & Order: Special Victims Unit** 8/22. (S23)
1.00 AM **Law & Order** 5/24. (S15)
2.00 **The Equalizer** 10/18. (S2)
3.00 **Road Wars**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 206

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Fish Town**
8.00 **Storm City**
10.00 **The Sopranos** 11&12/13. (S3)
12.15 PM **Game of Thrones** (S6)
1.20 **Boardwalk Empire** (S4)
3.30 **The Sopranos** 13/13. Jackie Jr goes into hiding after his botched armed robbery. (S3) **4.35** 1/13. Carmela worries about the family's financial position. (S4)
5.40 FILM **Temple Grandin** Biopic starring Claire Danes, Julia Ormond and David Strathairn. (2010, PG, 103min) ★★★★

11.10 Das Boot

7.45 **Game of Thrones** *The Winds of Winter:* 10/10. As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. (S6)

9.00 **The White Lotus** *New Day:* 2/6. Belinda walks a fine line with Tanya, and Rachel seeks advice from Nicole. (S1)

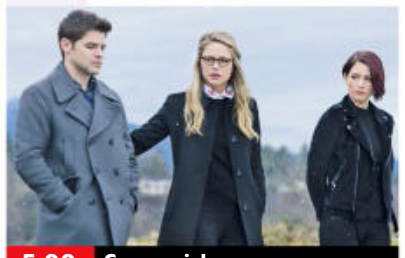
10.05 **Blocco 181** 3/8. The aftermath of the drug heist means trouble at the Block as the blame game starts. Subtitled. (S1)
11.10 **Das Boot** 8/10. After a bomb explodes, Forster and Klaus Hoffmann are forced to hide. Subtitled. (S3)
12.15 AM **Treme** 3&4/11. (S2)
2.25 **True Blood** 3/10. (S6)
3.30 **In Treatment** (S1)
4.00 **to 6.00** AM **Storm City**

+1 hour 208/209

Sky Max

113/114 113/114 | 122 121 | 345 360

6.00 AM **Stargate SG-1** (S1)
8.00 **The Flash** 8/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **Supergirl** 14/23. (S3)
11.00 **NCIS: New Orleans** (S2)
1.00 PM **Hawaii Five-0** (S6)
2.00 **MacGyver** 20/21. (S1)
3.00 **DC's Legends of Tomorrow**
4.00 **The Flash** 9/23. (S3)
5.00 **Supergirl** 14/23. (S3)
6.00 **Stargate SG-1** 14/22. A Goa'uld casts a deadly spell over the men on the Stargate base. (S1)


5.00 Supergirl

7.00 **Stargate SG-1** *Singularity:* 15/22. The SG-1 team attempt to rescue a child from a diseased planet. (S1)

8.00 **Flintoff: Lord of the Fries** Andrew Flintoff and Rob Penn visit Northern Ireland in their mobile fish-and-chip shop.

9.00 **Rob & Romesh vs Restaurants – First Course** Part one of two. The comedians set out to open their own restaurant.

10.00 **The Blacklist** *Boukman Baptiste (No164):* 9/22. Attacks on Red's lieutenants put Dembe in danger. (S9)
11.00 **Banshee** 4/10. Hood risks a return trip to prison by stealing a painting from a museum in Harrisburg. (S1)
12.15 AM **The Lazarus Project** (S1)
1.15 **Road Wars**
2.10 **The Force: Manchester**
3.05 **Hawaii Five-0** 2/25. (S6)
4.00 **MacGyver** 20/21. (S1)
5.00 **to 6.00** AM **Highway Cops**

ITV2

118 118 816 | 115 176 | 6 | 113

6.00 AM **World's Funniest Videos**
6.30 **Love Bites**
7.30 **Dress to Impress**
8.25 **You've Been Framed!**
9.20 **Hart of Dixie** 20/22. (S3)
10.15 **One Tree Hill** 19/22. (S3)
11.10 **The O.C** 13/25. (S3)
12.05 PM **Supermarket Sweep**
1.05 **Alan Carr's Epic Gameshow**
2.05 **Family Fortunes** (S2)
3.05 **Hart of Dixie** 21/22. (S3)
4.00 **One Tree Hill** 20/22. (S3)
5.00 **The O.C** 14/25. (S3)
6.00 **Celebrity Catchphrase**

7.00 Bob's Burgers

7.00 **Bob's Burgers** 10/22. Louise, Gene and Tina engage in a turf war. **7.30** 11/22. Linda learns about essential oils. (S9)

8.00 **Superstore** 19/22. Lottery fever sweeps the store. **8.30** 20/22. Glenn and his wife hold a gender reveal party. (S3)

9.00 **Love Island** New edition The latest events from the villa as the singles get on with their routine of dating and flirting.

10.05 **Apocalypse Wow** New edition Superhuman Bosses includes an escapologist and a gravy wrestler.
11.05 **Family Guy** 9/21. Brian becomes a famous writer. (S9) **11.35** 18/20. Meg starts a new life away from her family. (S18)
12.05 AM **American Dad!** (S8)
1.00 **Superstore** (S3)
2.00 **All American** (S2)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 177 | 10 | 115

6.00 AM **Classic Coronation Street**
7.00 **Classic Emmerdale**
8.05 **George and Mildred**
9.15 **A Touch of Frost**
11.35 **The Royal**
12.40 PM **Heartbeat**
1.45 **Classic Emmerdale**
2.50 **Classic Coronation Street**
3.50 **Midsomer Murders** *Midsomer Rhapsody:* The discovery of a priceless music score leads to startling revelations.
6.00 **Downton Abbey** 4/9. Ethel makes a difficult decision. (S3)

8.00 Maigret Sets a Trap

7.00 **Heartbeat** *Dog Collar:* Greengrass's hopes of winning a dog show take a knock when his pedigree contestant goes missing.

8.00 **Maigret Sets a Trap** 1/2. Chief Inspector Maigret comes under huge pressure from the public and his superiors to apprehend a Parisian serial killer before he can strike again. Stars Rowan Atkinson, Fiona Shaw and Mark Heap. (S1)

10.00 **Blue Murder** *In Deep:* 4/4. Human remains are found in a lake. Guest stars Jeremy Sheffield and Ciaran Griffiths. (S3)
11.35 **A Touch of Frost** *Deep Waters:* A student is attacked on campus, and Jack takes time off from questioning two robbery suspects to catch the thug responsible.
1.45 AM **George and Mildred**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 108 106
REST OF UK 194 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Island Medics** A motorcyclist is treated after colliding with a seagull and the medics are worried about the damage to his neck.
8.30 **The Scandals That Shocked Scotland** The sex scandal that tore apart a political party, and the man who finally got his freedom after being wrongfully imprisoned for 25 years.
9.00 **Amazing Hotels: Life Beyond the Lobby** Giles Coren and Monica Galetti work at Fogo Island Inn, near Newfoundland in Canada.
10.00 PM **to 12.00** M'T NEW SERIES **TRNSMT** Edith Bowman introduces performances from the first day of the event on Glasgow Green.

Sky Comedy

114/115 135 123 | 346 361

8.00 AM **The Fresh Prince of Bel Air** 15&16/24. (S6)
9.00 **A.P. Bio** 4&5/13. (S2)
10.00 **Modern Family** (S3)
11.00 **Girls** 8-10/12. (S3)
12.45 PM **Curb Your Enthusiasm** (S3)
2.30 **The Office (US)** (S4)
3.00 **Will & Grace** (S2)
4.00 **Modern Family** (S3)
5.00 **The Office (US)** (S4)
5.30 **Fresh Prince of Bel Air**
6.30 **Sunnyside** 10/11. (S1)
7.00 **A.P. Bio** 6&7/13. (S2)
8.00 **Young Rock** New episodes 5/12. Dwayne asks Rocky to train him to be a wrestler. **8.30** 6/12. Dewey gets in trouble at school. (S2)
9.00 **Girls** 3&4/10. (S4)
10.00 **Breeders** 9&10/10. (S2)
11.00 **Sex and the City** (S4)
12.15 AM **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.15 **Entourage** 4&5/14. (S2)
2.15 **Curb Your Enthusiasm**
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 165 140 | 11 | 147 364

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Discovering: Vivien Leigh**
11.00 **Music Icons: Teen Idols**
11.30 **Video Killed the Radio Star** Madonna.
12.00 NOON **The Art Mysteries**
1.00 PM **Tales of the...**
2.00 **The Sky Arts Book Club Summer Reads Special**
3.00 **Classic Albums**
4.00 **Tales of the Unexpected**
5.00 **Discovering**
6.00 **Portrait Artist 2020**
7.00 **Live from the Artists Den** With Ed Sheeran
8.00 **Dean Martin: A Legend in Concert**
9.00 **Bee Gees: One Night Only** A 1997 concert.
11.10 **The Great Songwriters**
12.10 AM **Eric Clapton: Crossroads Guitar Festival 2019**
2.30 **Noel Gallagher: Out of the Now**
4.00 **Discovering**
5.00 **to 6.00** AM **Auction**

Pick

159 156 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **Police Force: Australia**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate SG-1** (S6)
5.00 **Star Trek: The Next Generation** (S6)
6.00 **Stargate Atlantis**
7.00 **Hawaii Five-0** (S5)
8.00 **Snapped**
9.00 **Freddie Fries Again**
10.00 **Grimm** 22/23. (S5)
11.00 **World's Most Evil Killers**
12.00 M'T **Britain's Most Evil Killers** Trevor Hardy.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Police Force: Australia**

Comedy Central

112/113 181 132 | 344 370

8.00 AM **Impractical Jokers**
10.00 **Bob's Burgers** (S11)
11.00 **Friends**
7.05 PM **Friends** 7/24. Chandler gets trapped in a bank's cashpoint lobby with a model. **7.35** 8/24. The gang pay their last respects at the funeral of Ross and Monica's grandmother (S1)
8.10 FILM **Liar Liar** Comedy with Jim Carrey. (1997, 12, 86min) ★★★★
10.00 **Jimmy Carr: Laughing & Joking Uncut** Stand-up comedy.
12.00 M'T **Kevin Bridges: A Whole Different Story**
1.00 AM **Lee Evans: Roadrunner**
2.00 **Al Murray Live: Barrel of Fun**
3.00 **Jeff Dunham: Comedy Central**
3.25 **Ugly Americans**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 179 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Unboxed**
12.30 PM **The Real Housewives of Dallas**
1.25 **Sam and Billie: The Mummy Diaries**
2.25 **The Only Way Is Marbs**
3.10 **Million Dollar Listing: LA** New edition
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched** Helping a woman who almost died from a tummy tuck. **10.00** Medic Paul Nassif takes on a patient with a hole in her nose.
11.00 **Atlanta Plastic**
11.55 **The Only Way Is Essex**
12.40 **to 1.00** AM **Unwind**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 178 26 117

6.00 AM **Tenable**
7.40 **Robin of Sherwood**
8.40 **The Professionals**
9.45 **Minder**
10.45 **Robin of Sherwood**
11.55 **Made in Britain**
1.00 PM **Tour de France Highlights**
2.00 LIVE **Tour De France** Coverage of stage seven, a 176.5km route from Tomblaine to La Super Planche des Belles Filles.
5.00 **Great Racehorses**
5.25 **River Monsters**
6.00 **Made in Britain**

5.25 River Monsters

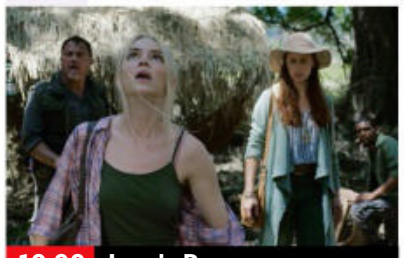
7.00 **Tour de France Highlights** Action from the seventh stage of the most prestigious race on the calendar.
8.00 **Mr Bean** The bumbling hero visits the fair. **8.30** The hapless hero finds an ingenious way to beat the sales queues.
9.05 FILM **U.S. Marshals** Thriller sequel to *The Fugitive*, starring Tommy Lee Jones and Wesley Snipes. A US marshal pursues an escaped prisoner and discovers that he is an ex-CIA agent who has been framed. (1998, 15, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.50 AM **Griff's Great Australian Adventure** Griff journeys from Brisbane to Cairns aboard the Spirit of Queensland railway.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Syfy

152 152 836 139 138 347 362

6.00 AM **Most Haunted US**
7.00 **Star Trek: Deep Space Nine**
8.00 **Teleshopping**
11.00 **Star Trek: Voyager** (S5)
12.00 NOON **The Outpost**. (S4)
1.00 PM **The Librarians** (S2)
2.00 **Blood & Treasure** (S1)
3.00 **Warehouse 13** 10/20. (S4)
4.00 **The Outpost** 11/13. (S4)
5.00 **Stargate SG-1** 2/22. (S7)
6.00 **Warehouse 13** 10/20. Pete, Myka, Claudia and Jinks try to combat the evil that Artie has released into the world. (S4)


10.00 Jungle Run

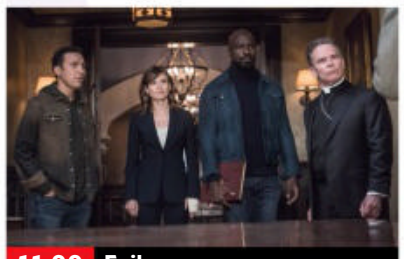
7.00 **Quantum Leap** *The Beast Within:* 19/22. Sam beams into the body of a homeless Vietnam veteran. (S5)
8.00 **Star Trek: Deep Space Nine** *Improbable Cause:* 20/26. Part one of two. Odo investigates an attempted murder. (S3)
9.00 **Grimm** *The Taming of the Wu:* 19/23. Sgt Wu becomes entangled in an altercation that could land him in hot water. (S5)
10.00 FILM **Jungle Run** Action adventure starring Richard Grieco. (2021, 15, 85min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Killjoys** 6/10. Dutch's prison takeover is thwarted by a hostage situation. (S5)
1.00 AM **Stargate SG-1** (S7)
2.00 **The Outpost** 11/13. (S4)
3.00 **Star Trek: Deep Space Nine**
4.00 **Star Trek: Voyager** (S5)
5.00 **to 6.00** AM **Blood & Treasure**

+1 hour 229

Alibi

109/110 809 126 212

7.10 AM **Murdoch Mysteries** (S10)
9.00 **The Doctor Blake Mysteries**
10.00 **The Coroner** 10/10. (S2)
11.00 **Rizzoli & Isles** 10/15. (S2)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown**
2.00 **Murdoch Mysteries** (S8)
4.00 **The Doctor Blake Mysteries**
5.00 **The Coroner** 10/10. Jane tries to find out who left a girl to die after a car crash. (S2)
6.00 **Major Crimes** 6/10. A gang shooting results in a number of fatalities. (S1)


11.00 Evil

7.00 **Rizzoli & Isles** *Remember Me:* 10/15. A serial killer offers the duo information on a prison murder. (S2)
8.00 **Death in Paradise** *An Unholy Death:* 2/8. A nun is found dead in a smoke-filled bedroom in her convent. (S2)
9.00 **Tommy** *This Is Not a Drill:* 11/12. An ethics committee leaves Tommy fighting to keep her job.
10.00 **Tommy** *Cause of Death:* 12/12. Tommy fights back against an LAPD and city government conspiracy. (S1)
11.00 **Evil** 1/13. The team must evaluate the likelihood of Leland being possessed. (S2)
12.00 M'T **The Doctor Blake Mysteries** 6/10. (S5)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 343 358

7.00 AM **Highlights**
10.15 **Last of the Summer Wine**
11.35 **Desmond's**
12.10 PM **My Hero**
12.50 **The Green Green Grass**
1.30 **The Good Life**
2.10 **Dad's Army: Lost Episodes**
2.50 **Dad's Army**
3.30 **Last of the Summer Wine**
4.05 **Desmond's**
4.40 **Only Fools and Horses**
5.20 **The Green Green Grass**
6.00 **Are You Being Served?**
6.40 **Dad's Army: Lost Episodes**

6.40 Dad's Army: Lost Episodes

7.20 **Dad's Army** Sgt Wilson struggles to concentrate on his duties due to a personal problem.
8.00 **The Good Life** Tom's philosophy of life gains him two eager disciples. **8.40** A journalist writes a story about Tom and Barbara's way of life.
9.15 **Men Behaving Badly** Gary gets a surprise visit from his father. **9.55** Gary celebrates getting back together with Dorothy by making her a video of their relationship
10.35 **Live at the Apollo** With Alan Carr, Andi Osho and Patrick Kielty.
11.35 **Peep Show** Jeremy hosts a book group meeting. **12.10** AM Mark and Jeremy get locked in Zahra's flat on the day of the baby's christening.
12.45 **The Good Life**
2.00 **Men Behaving Badly**
3.15 **to 4.00** AM **Peep Show**

+1 hour 210/211 194

Dave

111/112 127 227 19 157

7.10 AM **Sin City Motors**
8.00 **Border Force: America's...**
9.00 **Storage Hunters UK**
10.00 **Sin City Motors**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Top Gear**
1.00 PM **Border Force: America's Gatekeepers**
2.00 **Top Gear**
3.00 **Rick Stein's Long Weekends**
4.00 **Top Gear**
5.00 **Rick Stein's German Bite**
6.00 **Taskmaster** Greg Davies deals with a contestant's actions.

10.00 Mock the Week

7.00 **Richard Osman's House of Games** With Ellie Taylor and Josh Widdicombe.
7.40 **Room 101** Frank Skinner is joined by guests Jason Manford, Paloma Faith and Deborah Meaden. **8.20** Cilla Black, Hugh Dennis and Mel Giedroyc reveal their pet hates.
9.00 **QI XL** Guests Andrew Maxwell, Sara Pascoe and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Mock the Week** With Ivo Graham and Ria Lina.
10.40 **Big Zuu's Big Eats** Big Zuu heads north to cook for Johnny Vegas.
11.20 **Would I Lie to You?** With guest panellists Aisling Bea, June Brown, Adrian Chiles and Seann Walsh.
12.00 M'T **Taskmaster**
1.00 AM **Late Night Mash**
2.00 **Room 101** Double bill.
3.10 **to 4.00** AM **Taskmaster**

+1 hour 211 131 74

Friday

7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Charlie's Angels**
7.00 **Crazy Like a Fox** (S1)
8.00 **Highway to Heaven**
10.00 FILM **Power and Beauty** Biopic. (2002, 15, 90min) ★★
1.00 PM **Body of Proof**
2.00 **Sue Thomas: F.B.Eye**
4.00 **Murder, She Wrote**
6.00 **Hart to Hart** 3/20. (S2)
7.00 **M*A*S*H** 10/16. A UN mission visits the camp. **7.30** 11/16. Hawkeye and BJ both have sleeping problems. **8.00** 12/16. Margaret develops laryngitis. **8.30** 13/16. Potter faces a dilemma over an old army friend. (S11)
9.00 **Who Wants to Be a Millionaire?** Four editions of the quiz.
1.00 AM **M*A*S*H** (S11)
3.00 **Hart to Hart** (S2)
3.45 **Crazy Like a Fox** (S1)
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 203 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
1.30 PM **Find It, Fix It, Flog It**
2.30 **Come Dine with Me**
5.00 **Find It, Fix It, Flog It**
6.00 **A Place in the Sun**
7.00 **George Clarke's Old House, New Home** George helps with an ambitious two-storey extension in Brixton.
8.00 **George Clarke's Remarkable Renovations** A pig farmer restores a Grade II listed slaughterhouse and butcher's shop in Suffolk.
9.00 **24 Hours in Police Custody: The Murder of Rikki Neave**
11.05 **Celebrity Gogglebox**
1.15 AM **Gogglebox**
2.20 **8 Out of 10 Cats Does Countdown**
3.25 **Bake Off: The Professionals**
4.20 **to 4.40** AM **Iris Prize Best British Short: Dragged Up**

5USA

141 141 153 21 129

9.00 AM **NCIS** (S18)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Left for Dead:* 10/23. A woman is buried alive, but manages to claw her way out of the grave. **7.00** *Eye Spy:* 11/23. A spy satellite technician witnesses a murder. **8.00** *My Other Left Foot:* 12/23. A severed leg is found in a bin. **9.00** *One Shot, One Kill:* 13/23. The team hunt down a sniper. (S1)
10.00 **Law & Order: Special Victims Unit** *Rotten:* 13/25. A prisoner dies in police custody after being assaulted. (S4)
11.00 **Law & Order: Special Victims Unit** (S4)
1.50 AM **Law & Order: Criminal Intent** (S3)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Shoplifters & Scammers: At War with the Law**
8.50 **Judge Judy**
12.00 NOON **Filthy House SOS**
1.00 PM **Nightmare Tenants, Slum Landlords**
2.00 **Police Interceptors**
5.00 **Shoplifters & Scammers: At War with the Law**
6.00 **Home and Away**
7.00 **Britain's Parking Hell**
8.00 **Shoplifters & Scammers: At War with the Law**
9.00 FILM **Gone in Sixty Seconds** Action thriller starring Nicolas Cage. (2000, 15, 117min) ★★★
11.20 FILM **The Warriors** Action adventure. (1979, 15, 94min) ★★★
1.15 AM **Call the Bailiffs: Time to Pay Up**
2.15 **Judge Judy**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 211 25 156

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **999 Rescue Squad**
12.00 NOON **Inside the Ambulance: Coast and Country** Double bill.
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **Masterchef Junior USA** New edition The young chefs must satisfy the cravings of a restaurant full of mothers-to-be.
8.00 **999 Rescue Squad** A car towing a caravan on the M1 rolls over.
9.00 **Inside the Ambulance: Coast and Country** The team deal with a cycling accident.
10.00 **Miranda** Triple bill.
12.00 M'T **Nurses Down Under**
1.00 **to 3.00** AM **Tipping Point**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **To the Manor Born**
7.45 **Bergerac**
8.40 **The Bill**
9.40 **Holby City**
11.00 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Bergerac**
3.20 **A Place to Call Home**
4.20 **All Creatures Great and Small**
5.20 **Birds of a Feather**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Kembleford Dragon:* The stationmaster is killed. **9.00** *The Angel of Mercy:* The priest is suspicious when Mrs McCarthy's friend dies.
10.00 **New Tricks**
11.20 **Silent Witness**
1.25 AM **The Heart Guy**
2.25 **A Place to Call Home**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 226 60

RealityXtra

147 197 68 134

9.00 AM **Perry Mason**
11.00 **Matlock** 15/22. (S6)
12.00 NOON **CSI: NY** (S1)
1.00 PM **JAG** 8&9/24. (S3)
3.00 **Perry Mason**
5.00 **Unsolved Mysteries**
6.55 **Judge Judy** Real-life small-claims cases.
9.00 **CSI: NY** *Crime and Misdemeanour:* 19/23. Mac and Stella visit a hotel frequented by foreign diplomats when the body of a woman is found wrapped in its bedsheets. (S1)
10.00 **Unsolved Mysteries** An investigation into whether a boy's apparent suicide was actually murder. **11.00** How a serial killer was brought to justice.
11.55 **Judge Judy**
2.00 AM **CSI: NY** As 9pm.
3.00 **Evidence of Evil**
4.00 **Donal MacIntyre's Murder Files**
5.00 **to 6.00** AM **Matlock**

Legend

148 192 41 137

8.00 AM **UFO** 24/26. (S1)
9.00 **Space 1999** 9/24. (S2)
10.00 **Farscape** 6/22. (S4)
11.00 FILM **Earth's Final Hours** Thriller. (2011, 12) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **Meteorites!** Thriller. (1998, PG) ★
2.50 **Legend Lowdown**
3.00 **Mutant X** 6/22. (S2)
4.00 FILM **Jurassic Hunters** Thriller. (2015, PG) ★★
5.50 **Legend Lowdown**
6.00 **Farscape** 7/22. (S4)
7.00 **Space 1999** 10/24. (S2)
8.00 **Star Trek** 25/26. (S2)
9.00 FILM **Gothika** Horror starring Halle Berry. (2003, 15, 98min) ★★
10.55 FILM **Cult of Chucky** Horror. (2017, 18) ★★★
12.45 AM FILM **The Neighbour** Horror thriller. (2016, 18, 87min) ★★★★
2.35 FILM **The Mummy** Hammer horror. (1959, PG, 88min) ★★★
4.20 **to 4.30** AM **Legend Lowdown**

Challenge

160 160 48 146

7.00 AM **The Chase**
10.00 **Play Your Cards Right**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Family Fortunes**
3.00 **Play Your Cards Right**
4.00 **Bruce's Price Is Right**
5.00 **Bullseye** Double bill.
6.00 **Family Fortunes**
7.00 **Pointless Celebrities** Charlie Higson, Sally Gardner, Fern Britton, Jilly Cooper, Peter James, Martina Cole, Hanif Kureishi, Grace Dent take part a writers' special of the quiz.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!

151 151 835 164 163

7.00 AM **Revenge Body with Khloe Kardashian**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Wags Atlanta**
12.00 NOON **News: Daily Pop**
1.00 PM **Keeping Up with the Kardashians**
7.00 **Botched**
8.00 **Mathis Family Matters**
8.30 **Botched**
9.30 **Keeping Up with the Kardashians** Part one of two. A holiday gets off to a shaky start when Kourtney is responsible for Kim, Scott and herself missing their flight.
10.30 **Nightly Pop**
11.00 **Celebrity Game Face**
12.00 M'T **Wags Atlanta**
1.00 AM **Revenge Body with Khloe Kardashian**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Very Cavallari**

Sky Documentaries

121 121 819 278 277 352 367

6.00 AM **Fish Town**
7.00 **Discovering**
8.00 **The Directors**
8.50 **Hillary**
10.00 **Inside the Freemasons**
11.00 **Veleno: The Town of...**
12.00 NOON FILM **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
2.00 PM **The Way I See It**
4.00 **Discovering**
5.00 **The Directors**
5.50 **Hillary**
7.00 **Inside the Freemasons**
8.00 **Veleno: The Town of...**
9.00 **Scouting For Girls: Fashion's Darkest Secret** Series finale
10.00 **Who Killed the KLF?**
12.00 M'T **Steve McQueen: The Lost Movie**
2.00 AM **Pariah: The Lives and Deaths of Sonny Liston** Documentary.
3.45 **Discovering**
4.45 **My Icon**
5.00 **to 6.00** AM **Veleno: The Town of Lost Children**

Sky Nature

124 124 822 280 279 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **A Bee's Diary**
9.00 **Impossible Animals**
10.00 **Animal Empires**
11.00 **Great Parks of Africa**
12.00 NOON **Zambia Untamed**
1.00 PM **Monkey Life**
2.00 **A Bee's Diary**
3.00 **Impossible Animals**
4.00 **Animal Empires**
5.00 **Great Parks of Africa**
6.00 **Zambia Untamed**
7.00 **Monkey Life**
8.00 **Kenya Wildlife Diaries**
9.00 **Shark with Steve Backshall** The sharks of the Indian Ocean.
10.00 **Great Parks of Africa**
11.00 **Zambia Untamed**
12.00 M'T **Attenborough's Wild City** In Singapore.
1.00 AM **Land of Gremlins**
2.00 **Kenya Wildlife Diaries**
3.00 **Shark with Steve...**
4.00 **A Bee's Diary**
5.00 **to 6.00** AM **Impossible Animals**

HGTV

158 286 44 166

7.00 AM **Homes Under the Hammer** From Salford.
8.00 **Quick Little Builds**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Flip or Flop Atlanta**
1.30 **Flip or Flop Nashville**
2.00 **Flip or Flop**
3.00 **Quick Little Builds**
4.00 **My Mortgage Free Home**
5.00 **Homes Under the...**
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
8.00 **The Great Interior Design Challenge**
10.00 **Tough Love**
11.00 **Flip or Flop Atlanta** New edition
11.30 **Flip or Flop Nashville** New edition
12.00 M'T **Escape to the...**
1.00 AM **Homes Under the...**
2.00 **My Mortgage Free Home**
3.00 **to 4.00** AM **World's Most Secret Homes**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Giada in Italy**
9.00 **The Hairy Bikers...**
10.00 **Friday Night Feast**
11.00 **Ainsley's Food We Love**
12.00 NOON **A Baker's Life**
1.00 PM **Jamie's 30 Minute Meals** Double bill.
2.00 **Rick's Seafood Odyssey**
3.00 **The Hairy Bikers...**
4.00 **Gok Wan's Easy Asian**
5.00 **Barefoot Contessa**
6.00 **Rick's Seafood Odyssey**
7.00 **A Baker's Life**
8.00 **The Hairy Bikers Mediterranean Adventure** Majorca.
9.00 **Friday Night Feast**
10.00 **City Bakes**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Nigella Bites**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Aussie Gold Hunters**
8.00 **Alaskan Bush People**
9.00 **Yukon Men**
10.00 **Alaska: Last Frontier**
11.00 **Alaska: Homestead Rescue** Reality series.
12.00 NOON **Extinct or Alive**
1.00 PM **My Cat from Hell**
2.00 **Cake Boss**
4.00 **Yukon Gold**
5.00 **Alaskan Bush People**
6.00 **Aussie Gold Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Overhaulin'**
10.00 **Vintage Voltage**
11.00 **Life Below Zero**
12.00 M'T **Yukon Men**
1.00 AM **Naked and Afraid XL**
2.00 **Kindig Customs**
3.00 **Bear Grylls: Born Survivor**
3.50 **Tanked**
4.40 **Maine Cabin Masters**
5.30 **to 6.00** AM **Salvage Dawgs**

+1 hour 272 214 151

5Action

150 187 150 33 132

9.00 AM **Entertainment News**
9.10 **Traffic Cops**
10.10 **Trucking Hell**
11.10 FILM **The Spikes Gang** Western. (1974, 15, 96min) ★★★
1.20 PM FILM **The Devil's Brigade** War drama. (1968, PG, 126min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
7.00 **Police Interceptors**
9.00 **Traffic Cops** Officers pursue a reckless driver in a stolen car.
10.00 **Police Interceptors** A driver tries to give interceptor Ky the slip.
11.00 **Inside the Force: 24/7**
12.00 M'T **999: Criminals Caught on Camera**
1.00 AM **Fights, Camera, Action!** Confrontations.
2.00 **Flights from Hell**
3.00 **Airport 24/7: Thailand**
3.50 **Banged Up Abroad**
4.35 **to 5.00** AM **999: Criminals Caught on Camera**

Sky Crime

122 122 820 137 136 348 363

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Police Ten 7**
9.00 **Nothing to Declare**
10.00 **Brit Cops**
11.00 **Road Wars**
12.00 NOON **How I Caught...**
1.00 PM **Forensics: Catching the Killer**
2.00 **Britain's Most Evil Killers**
3.00 **World's Most Evil Killers**
4.00 **An Unexpected Killer**
5.00 **Killer in My Village**
6.00 **World's Most Evil Killers**
7.00 **How I Caught the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **The Real Manhunter**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil...**
1.00 AM **Twisted Killers**
2.00 **Killer in My Village**
3.00 **An Unexpected Killer**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222 207

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Double bill of editions.
8.00 **Evidence of Evil** How a string of other murders led police to find the killer of Joan Giambra.
9.00 **Injustice with Nancy Grace** North Dakota State Troopers look into a fatal car crash.
10.00 **Murder She Solved** Detectives reflect on the abduction of Harley Walker.
11.00 **Snapped: Killer Couples** The case of Melissa Bredow and Jason Belanger.
12.00 M'T **Click for Murder**
1.00 AM **Injustice with Nancy Grace**
2.00 **Murder She Solved**
3.00 **Evidence of Evil**
3.50 **Unsolved Mysteries**
5.20 **to 6.00** AM **Judge Judy**

+1 hour 246 201 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **Homes Under the Hammer** From Bootle.
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** An overcoat.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Ambulance**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **Spooked Scotland** New edition A cursed castle in Glencoe.
10.00 **Death Walker with Nick Groff** New edition From Actinson, Kansas.
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze

164 216 64 162

6.00 AM **Hardcore Pawn**
7.55 **Unidentified: Inside America's UFO...**
8.55 **Ancient Aliens**
10.50 **Storage Wars Canada**
11.15 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **Unidentified: Inside America's UFO Investigation**
7.00 **Auction Kings**
8.00 **Dickinson's Real Deal**
9.00 **Buried: Knights Templar and the Holy Grail**
10.00 **History's Greatest Mysteries**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Wicked Tuna**
2.00 **Auction Kings**
3.00 **The Curse of Oak Island**
3.45 **Shipping Wars**
4.10 **Secrets in the Ice**
5.00 **to 6.00** AM **Auction Kings**

+1 hour 81

TLC

133 133 828 167 323 377

6.00 AM **Say Yes... UK**
8.00 **Say Yes... Lancashire**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Dress**
11.00 **My Big Fat Fabulous Life**
12.00 NOON **Diners, Drive-Ins and Dives**
1.00 PM **Cake Boss**
2.00 **Sister Wives**
4.00 **Dr Pimple Popper**
5.00 **My Big Fat Fabulous Life**
6.00 **Love After Lock Up**
7.00 **Say Yes... Atlanta**
8.00 **Rock the Block**
9.00 **Good Bones**
10.00 **Bride & Prejudice: The Forbidden Weddings** New edition Dannii and Denton tell her family about their engagement.
11.30 **Dr Pimple Popper**
12.30 AM **Bride & Prejudice: The Forbidden...**
2.00 **Dr Pimple Popper**
4.00 **Say Yes... UK**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **Entertainment News**
9.15 **GPs: Behind Closed Doors** Documentary.
10.15 **The Yorkshire Vet**
12.10 PM **Forged in Fire**
2.00 **GPs: Behind Closed Doors** Triple bill.
5.00 **The Yorkshire Vet**
7.00 **Elvis: Rise and Fall of the King** The story of Elvis Presley's life and legacy, exploring his childhood, his relationships and musical influences.
10.00 **Forged in Fire** Two finalists try to recreate Arya Stark's Needle from *Game of Thrones*. **11.00** Blacksmiths fashion a Zulu War Axe.
12.00 M'T **Noah's Ark: The Truth Behind the Great Flood** Documentary.
1.00 AM **Our Yorkshire Farm**
3.00 **Spring Gardening with Carol Klein**
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.20 **Yorkshire Auction House**
7.10 **Shed and Buried**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Motor Pickers**
12.00 NOON **Wheeler Dealers**
1.00 PM **Antiques Road Trip**
2.00 **Shed and Buried**
3.00 **Yorkshire Auction House**
4.00 **Salvage Hunters**
5.00 **Scrap Kings**
6.00 **Wheeler Dealers**
7.00 **Find It, Fix It, Flog It**
8.00 **Salvage Hunters**
9.00 **Thai Cave Rescue**
10.00 **Chilean Miners Rescue**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Chasing Classic Cars** Double bill.
2.00 **American Chopper**
3.00 **Combat Dealers**
4.00 **Fantomworks**
5.00 **to 6.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Atlanta**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Animal Cops Miami**
11.00 **Forensic Detectives**
1.00 PM **American Monster**
2.00 **Disappeared**
3.00 **Who the (Bleep) Did I Marry?** Double bill.
4.00 **Say Yes... Lancashire**
5.00 **Say Yes... Atlanta**
7.00 **Long Lost Family**
8.00 **Dr Pimple Popper: Pop Ups** With Dr Sandra Lee.
9.00 **Your Worst Nightmare** The case of Lisa Filiaggi.
10.00 **Devil in the Web** New edition The story of a devastating revenge porn campaign.
11.00 **Forensic Detectives**
1.00 AM **Murder on CCTV**
2.00 **Murder Comes to Town**
3.00 **FBI Files**
4.00 **Animal Cops Houston**
5.00 **to 6.00** AM **The Zoo**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 322 376

6.00 AM **Wheeler Dealers**
7.00 **Tanked**
8.00 **Building Off the Grid**
9.00 **Alaskan Bush People**
10.00 **Dive Wars Australia**
11.00 **Wheeler Dealers**
12.00 NOON **Outback Truckers**
1.00 PM **Gold Divers**
3.00 **Alaska: Homestead Rescue**
4.00 **Building Off the Grid**
5.00 **Wheeler Dealers** Searching for a rare Fiat Dino Coupe.
6.00 **Kindig Customs** Don desperately seeks a rare 1952 Pontiac to transform.

9.00 Expedition Unknown

7.00 **Outback Truckers** The people who drive some of the heaviest vehicles along some of Australia's toughest highways.
8.00 **Gold Rush: Parker's Trail** Gold mining prodigy Parker Schnabel's latest adventure takes him to New Zealand.
9.00 **Expedition Unknown** New edition Josh jets to Poland to open a secret Nazi tunnel in a dormant volcano.
10.00 **Expedition X** New edition Jess and Phil venture deep into the Ozarks to investigate a predatory beast.
11.00 **Supertruckers** Four 90-ton dumper trucks are moved.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Expedition Unknown**
2.00 **Expedition X** As 10.00pm.
3.00 **Gold Rush: Dave Turin's Lost Mine** Documentary.
4.00 **Gold Rush: Parker's Trail**
5.00 **to 6.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251 325 378

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **America's Cutest Pets**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Born Mucky: Life on the Farm**
4.00 **America's Cutest Pets** The most adorable dog videos.
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a beloved German shepherd walk again.
6.00 **Extinct or Alive** Forrest Gallante searches for species thought long dead.

9.00 Monsters Inside Me

7.00 **Amanda to the Rescue** Amanda returns from Puerto Rico with her rescue dogs and sets out to acclimatise them.
8.00 **Intruders** A predator is targeting a family's beloved pets, and a single mother is hit by a series of horrifying animal invasions.
9.00 **Monsters Inside Me** A mysterious outbreak leads to a boy drowning in his own mucus.
10.00 **The Last Alaskans** Sunlight finally returns to the refuge, and the Seldens make their home in a new cabin.
11.00 **Monsters Inside Me** A mysterious infection brings a tough athlete to his knees.
12.00 M'T **Guardians of Rescue** A claim about dogfighting.
1.00 AM **The Last Alaskans**
2.00 **America's Cutest Pets**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262 259

Nat Geographic

129 129 825 266 268 351 366

8.00 AM **Air Crash Investigation**
10.00 **Car S.O.S**
12.00 NOON **Lost Cities with Albert Lin** Lost historical sites.
1.00 PM **Lost Treasures of Egypt**
2.00 **Nazi Megastructures**
3.00 **Buried Secrets of the Gold Rush: Drain the Oceans**
4.00 **Wicked Tuna**
5.00 **Ice Road Rescue** Arctic storms kick off the coldest winter in a decade. **6.00** Thord and Bjorn open a new garage on the Hardangervidda mountain.

3.00 Buried Secrets of the Gold...

7.00 **Air Crash Investigation** Sumatra's worst aviation disaster, in which a plane crashed into the jungle, killing 234 passengers.
8.00 **Lost Treasures of the Maya** A newly discovered cave system is explored for the first time in a millennium.
9.00 **Ancient X Files** Searching for evidence of the Mayan underworld off the coasts of Mexico and Guatemala.
10.00 **Vikings: The Rise and Fall** A look at how the Silk Road opened up a world of trade for the Scandinavians in the East.
11.00 **Air Crash Investigation** A plane explodes in mid-air.
12.00 M'T **Drugs Inc**
1.00 AM **Narco Wars**
2.00 **Trafficked with Mariana Van Zeller** Documentary.
3.00 **Banged Up Abroad**
4.00 **to 5.00** AM **Nazi Megastructures**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Phantom Signals**
8.00 **Counting Cars**
9.00 **American Pickers**
11.00 **Treasures Decoded**
12.00 NOON **Dog the Bounty Hunter: Most Wanted**
1.00 PM **The Curse of Oak Island**
2.00 **Phantom Signals**
3.00 **Counting Cars** Danny Koker finds a 1966 Corvette Stingray.
4.00 **Deep Water Salvage**
5.00 **The Nostradamus Effect**
6.00 **Pawn Stars** Double bill.

9.00 Lost Cities of the Trojans

7.00 **Forged in Fire** The final two bladesmiths battle it out to craft the largest sword in the history of the series.
8.00 **The Liquidator** Jeff wants coin-operated lockers.
8.30 **Vintage Tech Hunters** Bohus and Shaun scour a New Jersey barn.
9.00 **Lost Cities of the Trojans** New evidence uncovered in Turkey that may reveal more about the tale of the Trojans.
10.00 **Egypt's Unexplained Files** Modern science helps uncover the secrets of health and wealth.
11.00 **Nature Gone Wild**
12.00 M'T **Bomber: Terror of WWII** The remorseless development of weapons and bombers.
1.00 AM **The Liquidator**
2.00 **Counting Cars**
3.00 **Nature Gone Wild**
4.00 **Phantom Signals**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 223 271

Yesterday

155 129 27 159

6.00 AM **Antiques Roadshow**
8.00 **Secret Nazi Bases**
9.00 **World War Weird**
10.00 **Abandoned Engineering**
12.00 NOON **The Architecture the Railways Built**
1.00 PM **Great Continental Railway Journeys**
2.00 **Abandoned Engineering**
4.00 **Secret Nazi Bases**
5.00 **World War Weird**.
6.00 **Great Continental Railway Journeys** Michael Portillo travels through Holland, Belgium and France.

8.00 The Architecture the...

7.00 **Abandoned Engineering** Projects include a ghostly house in a tropical paradise that is still feared by the locals.
8.00 **The Architecture the Railways Built** Tim Dunn explores Brunel's first and last railway projects.
9.00 **Secrets of the London Underground** Tim and Siddy explore the Tube station with the most platforms, Baker Street.
10.00 **Bangers and Cash** Dave gets a nasty surprise when he opens the bonnet of a fast Ford from the 1980s.
11.00 **Abandoned Engineering** A landscape of confusing and surprising structures that represented a bold statement of Spain's plans for the future.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 200 75

Friday

7 PM **8 PM** **9 PM** **10 PM**

Disc. History

177 257

6.00 AM **Expedition Unknown**
7.00 **The Alaska Triangle**
8.00 **Devonport: Inside...**
9.00 **Secret Space Escapes**
10.00 **How the Universe Works**
11.00 **Ultimate Warfare**
12.00 NOON **Combat Dealers**
1.00 PM **Expedition Unknown**
2.00 **Greatest Events of World War II**
3.00 **UFOs: Lost Evidence**
4.00 **Mysteries at the...**
5.00 **Devonport: Inside the Royal Navy**
6.00 **Secret Space Escapes**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Aliens In Alaska**
10.00 **Mystery of Egypt's Mega Temple**
11.00 **Ultimate Warfare**
12.00 M'T **Combat Dealers**
2.00 AM **Mystery of Egypt's...**
3.00 **Ultimate Warfare**
4.00 **UFOs: Lost Evidence**
5.00 **to 6.00** AM **Mysteries at the Museum**

+1 hour 277 261

Eden

166 245 247

9.00 AM **Big Animal Surgery – Elephant**
10.00 **Natural World: Nature's Perfect Partners**
11.00 **Borneo: Earth's Tropical Islands**
12.00 NOON **Life of Mammals**
2.00 PM **Wild France**
3.00 **The Ganges with Sue Perkins** Documentary.
4.00 **Ganges**
5.00 **Borneo: Earth's...**
6.00 **The Life of Mammals**
7.00 **Big Animal Surgery...**
8.00 **Natural World: Nature's Perfect Partners**
9.00 **Ganges**
10.00 **The Life of Mammals**
11.00 **Big Animal Surgery...**
12.00 M'T **Natural World...**
1.00 AM **Borneo: Earth's...**
2.00 **Ganges**
3.00 **Wild France**
3.50 **Big Animal Surgery...**
4.40 **Natural World...**
5.30 **to 6.00** AM **Collar of Duty**

+1 hour 266 246

WILD

165 165 849 264 265

8.00 AM **Bizarre Animal Friends** Stories of animal friendships.
9.00 **Africa's Deadliest**
12.00 NOON **Snakes in the...**
1.00 PM **Africa's Hidden Wonders** Triple bill.
4.00 **Monster Fish**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** A new greater one-horned rhino baby has a father with a hole in his horn.
8.00 **Snakes in the City** Mbali's training shifts up a gear.
9.00 **Savage Kingdom** Lioness Tsebe holds the Northern Brothers at bay. **10.00** Lioness Thata risks everything.
11.00 **Snakes in the City**
12.00 M'T **Animals Gone Wild**
1.00 AM **Monster Fish**
2.00 **Bizarre Animal Friends**
3.00 **to 5.00** AM **Africa's Deadliest**

Sky History 2

163 163 840 272

8.00 AM **How the Nazis Lost the War**
9.00 **Alien Files: Unsealed**
10.00 **Ancient Impossible**
11.00 **Ancient Aliens**
12.00 NOON **Clash of the Gods** Documentary.
1.00 PM **Walking Through History**
2.00 **How the Nazis Lost the War**
3.00 **Ancient Aliens**
4.00 **Alien Files: Unsealed**
5.00 **World War II: The Price of Empire**
6.00 **The Proof Is Out There**
7.00 **Walking Through History** From Norfolk.
8.00 **Clash of the Gods**
9.00 **Haunted History**
10.00 **Kings of Pain**
11.00 **Ancient Aliens**
1.00 AM **The Proof Is Out...**
2.00 **Haunted History**
3.00 **Kings of Pain**
4.00 **Clash of the Gods**
5.00 **to 6.00** AM **Walking Through History**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Nature's Fear Factor**
9.40 **Hitler's Circle of Evil**
10.50 **Hitler's Secret Weapon Manager** As 8.50pm.
12.00 NOON **Revolution in Colour** The Irish civil war.
1.00 PM **Mutant Weather**
2.00 **Nature's Fear Factor**
3.10 **Hitler's Circle of Evil**
4.20 **Hitler's Secret Weapon Manager** As 8.50pm.
5.25 **Revolution in Colour**
6.30 NEW **Nature's Fear Factor** Following a bold experiment to bring rare African wild dogs to Gorongosa National Park in Mozambique.
7.35 **Hitler's Circle of Evil**
8.50 **Hitler's Secret Weapon Manager** The story of Hans Kammler.
9.55 **Revolution in Colour**
10.55 **Nature's Fear Factor**
12.00 M'T **Hitler's Circle of Evil** As 7.35pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

CI

166 166 839 209

6.00 AM **Homicide Hunter**
8.00 **The First 48**
10.00 **Killer in Plain Sight**
11.00 **Motive to Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Homicide Hunter**
2.00 **Homicide: Hours to Kill**
3.00 **Unusual Suspects**
4.00 **I Lived with a Killer**
5.00 **Robbie Coltrane's Critical Evidence**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **On the Case**
9.00 **Court Cam** New edition
9.30 **Court Cam**
10.00 **Police Patrol**
11.00 **Homicide Hunter**
12.00 M'T **Meet, Marry, Murder**
1.00 AM **I Lived with a Killer**
2.00 **Robbie Coltrane's Critical Evidence**
3.00 **Unusual Suspects**
4.00 **On the Case**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

FRIDAY Films

Friday

Sky Cinema Premiere

301 301 848 401 501 515

6.00 AM **Sundown** As 6.20pm.
7.30 **Resident Evil: Welcome to Raccoon City** Sci-fi horror. (2021, 15, 107min) ★★★
9.25 PREMIERE **How to Please a Woman** As shown at 8.00pm.
11.20 **The Gateway** As 1.50am.
1.05 PM **King Richard** As 9.50pm.
3.50 **The Survivor** Fact-based drama starring Ben Foster. (2021, 15, 129min) ★★★★
6.20 **Sundown** Drama starring Tim Roth. (2021, 15) ★★★★

8.00 How to Please a Woman

Sky Cinema Hits

303 303 857 403 503 517

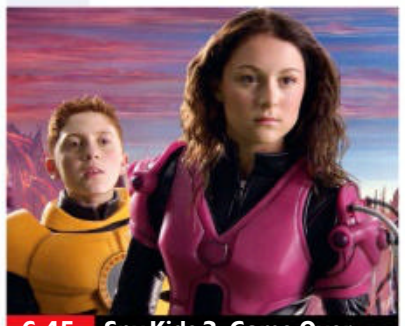
6.15 AM **The Three Musketeers** Adventure. (2011, 12) ★★★
8.15 **False Positive** As 3.15am.
10.05 **Power Rangers** Fantasy. (2017, 12, 124min) ★★★
12.15 PM **The Many Saints of Newark** (2021, 15) ★★★★
2.20 **The Boss Baby 2: Family Business** (2021, PG) ★★
4.20 **Nobody** Crime drama. (2021, 15, 92min) ★★★★
6.05 **Blacklight** Action thriller. (2022, 15, 104min) ★

10.50 The Suicide Squad

Sky Cinema Family

306 306 850 406 506 520

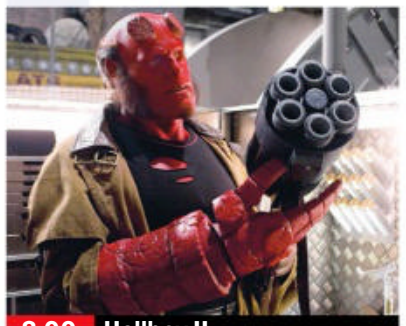
7.00 AM **Hop** As shown at 1.45pm.
8.40 **Paddington** Family comedy. (2014, PG, 95min) ★★★★
10.20 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
12.10 PM **Furry Vengeance** (2010)
1.45 **Hop** Comedy. (2011, U) ★★★
3.25 **Spy Kids** (2001, U) ★★★★
5.00 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
6.45 **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel. (2003, U, 84min) ★★★


6.45 Spy Kids 3: Game Over

Sky Cinema Action

307 307 851 407 507 521

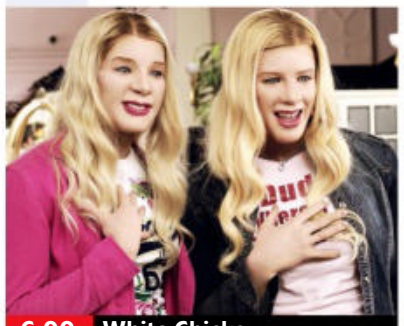
6.40 AM **The Last Man** (2019) ★★
8.25 **Rogue Hostage** As 5.00am.
10.10 **Take Back** As 1.45am.
11.45 **The Cinema List: Bourne**
12.00 NOON **Snow White and the Huntsman** (2012, 12) ★★★
2.10 PM **One Shot** Action thriller. (2021, 15, 96min) ★★
4.00 **3 Days to Kill** Action thriller. (2014, 12, 117min) ★★★
6.00 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★


8.00 Hellboy II

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Airplane!** As 5.40am.
8.30 **The Joneses** As 1.55am.
10.10 **Clueless** Satirical comedy. (1995, 12, 97min) ★★★★
12.05 PM **Meet the Parents** Comedy with Robert De Niro. (2000, 12, 108min) ★★★★
2.05 **Think Like a Man** Comedy. (2012, 12, 116min) ★★★
4.10 **Drillbit Taylor** Comedy. (2008, 12, 97min) ★★
6.00 **White Chicks** Comedy. (2004, 15, 109min) ★


6.00 White Chicks

8 PM

8.00 PREMIERE **How to Please a Woman** Drama starring Sally Phillips. When her all-male house-cleaning business gets out of control, a woman must embrace her own sexuality if she is to make a new life for herself. (2022, 15, 107min)

9 PM

9.50 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

12.20 AM **Zola** Crime comedy drama starring Taylour Paige. (2020, 18, 86min) ★★★★
1.50 **The Gateway** Crime thriller. (2021, 15, 91min) ★★★
3.25 **The Survivor** As 3.50pm.
5.45 **to 6.15** AM **Sky Cinema Preview**

+1 hour 312

8.00 **Dune** Denis Villeneuve's sci-fi drama starring Timothée Chalamet. The son of a noble family is entrusted with the protection of the most valuable asset and most vital element in the galaxy. With Rebecca Ferguson, Zendaya and Oscar Isaac. (2021, 12, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Suicide Squad** Comic-book adventure comedy starring Idris Elba and Margot Robbie. (2021, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Halloween Kills** Horror sequel with Jamie Lee Curtis. (2021, 18, 105min) ★★★★
3.15 **False Positive** Horror. (2021, 15, 92min) ★★
5.05 **to 6.40** AM **Real** Romance. (2019, 15, 78min) ★★★

8.15 **The Cat in the Hat** Comic fantasy starring Mike Myers. When their babysitter falls asleep, two children are visited by a mischievous cat. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Spy Next Door** Action comedy starring Jackie Chan and Amber Valletta. A retired CIA spy struggles to take care of his girlfriend's three kids. (2010, PG, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Furry Vengeance** Family comedy with Brendan Fraser. A developer encounters opposition from woodland animals when he tries to build a housing estate in their forest. (2010, PG, 88min) ★★
1.05 AM **Think Like a Dog** Comedy drama starring Josh Duhamel. (2020, PG, 91min) ★★
2.45 **The Cat in the Hat** (2003)
4.20 **to 6.05** AM **The Spy Next Door** As shown at 9.45pm.

8.00 **Hellboy II: The Golden Army** Horror fantasy sequel with Ron Perlman. Hellboy faces the fight of his life when an elf prince breaks the ancient truce between the creatures of the underworld and humankind. (2008, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **300** Epic adventure combining live action and virtual backgrounds, based on the graphic novel by Frank Miller and starring Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
1.45 AM **Take Back** Action thriller. (2021, 15, 89min) ★★
3.15 **Shaolin Soccer** Comedy. (2001, 12, 113min) ★★★
5.00 **to 6.35** AM **Rogue Hostage** Thriller. (2021, 15, 93min) ★★

8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans, Alec Baldwin and Hugh Bonneville. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Jay and Silent Bob Strike Back** Comedy directed by and starring Kevin Smith. (2001, 18, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Meet the Fockers** Comedy sequel with Robert De Niro, Ben Stiller and Dustin Hoffman. (2004, 12, 115min) ★★
1.55 AM **The Joneses** Comedy drama starring Demi Moore. (2009, 15, 91min) ★★★★
3.35 **The Intern** Comedy starring Robert De Niro. (2015, 12, 118min) ★★★★
5.40 **to 7.15** AM **Airplane!** Spoof of air-disaster movies. (1980, 12, 86min) ★★★★★

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.05 AM **Carry On Nurse** As 5.45am.
7.45 **Let's Dance** Vintage musical. (1950, U, 112min) ★★
9.45 **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★
11.30 **Bad Boys II** Action comedy sequel. (2003, 15, 147min) ★★★
2.00 PM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
3.45 **The Bodyguard** Romantic thriller starring Kevin Costner. (1992, 15, 129min) ★★★
6.00 **Three Days of the Condor** Conspiracy thriller with Robert Redford and Faye Dunaway. (1975, 15, 118min) ★★★★
8.00 **The Spy Who Came in from the Cold** Spy thriller starring Richard Burton. (1965, b/w, PG, 107min) ★★★★
9.55 **Total Recall** Sci-fi thriller starring Arnold Schwarzenegger. (1990, 15, 109min) ★★★
11.50 **American Beauty** Satirical comedy. (1999, 18) ★★★★★
2.00 AM **Gunfight at the OK Corral** Western. (1956, PG) ★★★★
4.10 **Carry On Sergeant** Comedy. (1958, b/w, U, 83min) ★★★
5.45 **to 7.15** AM **Carry On Nurse** Comedy. (1959, b/w, PG) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Mr Peabody & Sherman**
7.35 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
9.15 **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 100min) ★★★★
11.00 **The Lego Movie** As 7.15pm.
12.45 PM **Penguins of Madagascar** Animation. (2014, U) ★★★★
2.20 **The Croods** Animated comedy. (2013, U, 98min) ★★★★
4.00 **The Croods 2: A New Age** Animated comedy sequel. (2020, U, 95min) ★★★★
5.40 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
7.15 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
9.00 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
10.45 **The Wild Thornberrys Movie** Animated comedy adventure. (2002, U, 85min) ★★★★
12.25 AM **Molly Monster** Animation with the voice of Tom Eastwood. (2016, U, 72min) ★★
1.55 **Mr Peabody & Sherman** Animated comedy adventure. (2014, U, 97min) ★★★★
3.40 **The Wild Thornberrys Movie**
5.20 **to 7.10** AM **The Croods** (2013)

TCM Movies

315 415 416

6.00 AM **Close Up** Double bill.
7.10 **Off Set** With Michael Caine.
7.40 **Sugarfoot** 12/20. (S2)
8.50 **Maverick** 7/32. (S4)
9.55 **Jesse James vs the Daltons** Western. (1954, U, 65min) ★★
11.15 **Sugarfoot** 13/20. (S2)
12.20 PM **Maverick** 7/32. (S4)
1.30 **Colt .45** (1950, U) ★★★
3.10 **Spare the Rod** Drama. (1961, b/w, PG, 93min) ★★★★
5.10 **Gun for a Coward** Western. (1956, U, 88min) ★★
7.00 **The Ladykillers** Classic Ealing comedy starring Alec Guinness. (1955, U, 97min) ★★★★★
9.00 **Man of Steel** Fantasy adventure exploring the origins of the DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. (2013, 12, 143min) ★★★
11.55 **The Lost Boys** Vampire tale with Jason Patric and Corey Haim. (1987, 15, 98min) ★★★★
1.55 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
3.35 **Off Set** With Michael Caine.
4.00 **Close Up** Double bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **A Distant Trumpet** Drama. (1952, b/w, U, 63min) ★★
7.15 **The Marked One** (1963, U) ★★
8.30 **The Bridal Path** Comedy. (1959, U, 95min) ★★
10.20 **Out of the Fog** Crime drama. (1962, b/w, PG, 69min) ★★
11.40 **Mrs Fitzherbert** Drama. (1947, b/w, PG, 99min) ★★
1.45 PM **Press for Time** Comedy. (1966, U, 99min) ★★
3.45 **The Weapon** Thriller. (1956, b/w, PG, 81min) ★★
5.25 **Rebecca** Hitchcock thriller starring Laurence Olivier. (1940, b/w, PG, 130min) ★★★★★
8.00 **The Outer Limits**
9.00 **Cellar Club with Caroline Munro**
9.05 **The Pit and the Pendulum** Horror chiller starring Vincent Price. (1961, 12, 82min) ★★★
10.40 **Cellar Club with Caroline Munro**
10.45 **I Bury the Living** Supernatural thriller starring Richard Boone. (1958, b/w, 12, 76min) ★★★
12.35 AM **Cellar Club with Caroline...**
12.40 **Hollow Triumph** Suspense thriller starring Joan Bennett. (1948, b/w, PG, 83min) ★★★
2.20 **Breakthrough** War drama. (1979, 15, 111min) ★★
4.10 **to 6.00** AM **Fourteen Hours** Thriller. (1951, b/w, PG) ★★★

HorrorXtra

317 149 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Mega Shark vs. Giant Octopus** Monster movie. (2009, 15, 90min) ★
6.50 **This is HorrorXtra**
7.00 **Battlestar Galactica** *The Long Patrol:* 7/24. Starbuck is stranded on a mysterious planet. (S1)
8.00 **Mutant X** *Lit Fuse:* 7/22. Adam protects a new mutant. (S1)
9.00 **The Sand** Horror starring Mitchel Musso. A group of friends wake up after a beach party to discover that the sand is alive. (2015, 15, 81min) ★★
10.45 **A Lonely Place to Die** Survival thriller starring Melissa George. (2011, 15, 99min) ★★★
12.45 AM **This is HorrorXtra**
12.55 **Battlestar Galactica**
2.00 **to 3.00** AM **Mutant X**

+1 hour 318 202 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Devil Has a Name** Drama. (2019, 15) ★★★
7.45 **The Traitor** As 4.10am.
10.20 **The Hole** As 2.25am.
11.55 **The Italian Job** Thriller remake. (2003, 12, 110min) ★★★
1.55 PM **Dreamland** Drama. (2019, 15, 98min) ★★★★
3.40 **A Few Good Men** Drama. (1992, 15, 132min) ★★★★
6.00 **Promising Young Woman** Thriller with Carey Mulligan. (2020, 15, 113min) ★★★★

6.00 Promising Young Woman

8.00 **Revolver** Guy Ritchie's crime thriller with Jason Statham. An ex-convict gambler learns the ultimate con trick and seeks revenge against his casino owning enemy. But a pair of loan sharks complicate his mission. (2005, 15, 115min) ★
SEX ●●○ VIOLENCE ●●● LANG ●●●

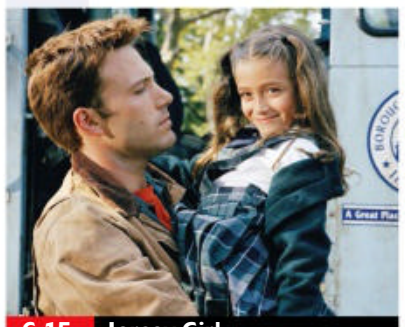
10.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Pedro Pascal. (2018, 15, 121min) ★★★
SEX ○○○ VIOLENCE ●●○ LANG ●●○

12.05 AM **Legend** Biopic of the Kray twins, starring Tom Hardy. (2015, 18, 128min) ★★★
2.25 **The Hole** Teen horror thriller. (2009, 12, 91min) ★★★
4.10 **to 6.50** AM **The Traitor** Italian crime drama. Subtitled. (2019, 15, 153min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Jersey Girl** As 6.15pm.
8.15 **A Beautiful Mind** As 8.00pm.
10.35 **Erin Brockovich** As 10.20pm.
12.50 PM **Last Night** As 12.35am.
2.30 **The Last Letter from Your Lover** Romantic drama. (2021, 12, 110min) ★★★
4.20 **Dream Horse** Comedy drama starring Toni Collette. (2020, PG, 113min) ★★★★
6.15 **Jersey Girl** Romantic comedy drama starring Ben Affleck. (2004, 12, 102min) ★★


6.15 Jersey Girl

8.00 **A Beautiful Mind** Biopic starring Russell Crowe as John Nash, a mathematician who suffered from paranoid schizophrenia but went on to win the Nobel Prize. With Ed Harris, Jennifer Connelly and Paul Bettany. (2001, 12, 136min) ★★★★
SEX ○○○ VIOLENCE ●○○ LANG ●○○

10.20 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. With Albert Finney. (2000, 15, 133min) ★★★★
SEX ●○○ VIOLENCE ●○○ LANG ●●○

12.35 AM **Last Night** Romantic drama starring Keira Knightley. (2010, 12, 92min) ★★★
2.15 **Dream Horse** As 4.20pm.
4.10 **to 6.00** AM **The Last Letter from Your Lover** As 2.30pm.

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.25 AM **Darlin'** As 2.50am.
8.10 **Honeydew** As 4.35am.
10.10 **The Shed** As shown at 1.10am.
12.00 NOON **Star Trek: Nemesis** Adventure. (2002, 12) ★★★
2.00 PM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
3.45 **Cinema List: Alien Invasion**
4.00 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
6.00 **The Forever Purge** Horror sequel with Ana de la Reguera. (2021, 15, 103min) ★★★

9.45 The Unholy

8.00 **A Quiet Place Part II** Horror sequel with John Krasinski. The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. (2020, 15, 97min) ★★★★
SEX ○○○ VIOLENCE ●●○ LANG ●●○

9.45 **The Unholy** Horror with Jeffrey Dean Morgan and Cricket Brown. A deaf girl is visited by the Virgin Mary and can suddenly hear, speak and heal the sick. (2021, 15, 99min) ★★
SEX ○○○ VIOLENCE ●●● LANG ●○○

11.30 **Come Play** Horror thriller with Azhy Robertson, Gillian Jacobs and John Gallagher Jr. (2020, 15, 96min) ★★
1.10 AM **The Shed** Horror thriller starring Jay Jay Warren, Frank Whaley and Timothy Bottoms. (2019, 15, 98min) ★★
2.50 **Darlin'** Horror starring Cooper Andrews. (2019, 15, 100min) ★
4.35 **to 6.25** AM **Honeydew** Horror with Sawyer Spielberg. (2020, 15, 106min) ★★★

Sky Cinema Music

302 302 856 402 502 516

6.05 AM **Charlie and the Chocolate Factory** (2005, PG) ★★★★
8.10 **Life with Music** As 4.15am.
9.50 **Bill & Ted Face the Music** Comedy. (2020, PG) ★★★
11.35 **People Just Do Nothing: Big in Japan** (2021, 15) ★★★
1.25 PM **Footloose** Dance drama. (1984, 12, 107min) ★★★
3.25 **Straight Outta Compton** Biopic. (2015, 15) ★★★
6.00 **Pitch Perfect** Comedy. (2012, 12, 112min) ★★★★

3.25 Straight Outta Compton

8.00 **In the Heights** Musical starring Anthony Ramos, Corey Hawkins and Leslie Grace. A sympathetic New York bodega owner saves every penny every day as he imagines and sings about a better life. (2021, PG, 143min) ★★★
SEX ○○○ VIOLENCE ○○○ LANG ○○○

10.25 **Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
SEX ●○○ VIOLENCE ●○○ LANG ●○○

12.25 AM **School of Rock** Musical comedy starring Jack Black. (2003, PG, 109min) ★★★
2.25 **Whiplash** Music drama. (2014, 15, 104min) ★★★★★
4.15 **to 6.00** AM **Life with Music** Drama with Patrick Stewart. (2018, 12, 96min) ★★★

Film4

313 313 855 428 429 14 300

■ **Films start at 11.00am**
11.00 AM **Appointment with Danger** Vintage thriller. (1949, b/w, PG, 89min) ★★
12.50 PM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
2.45 **Carry On Spying** Spoof. (1964, b/w, U, 84min) ★★★★
4.30 **Leap Year** Romantic comedy. (2009, PG, 96min) ★
6.35 **Mortal Engines** Fantasy adventure with Hera Hilmar. (2018, 12, 128min) ★★★

11.05 Brightburn

Mortal Engines (film started at 6.35pm) **8 PM**
SEX ○○○ VIOLENCE ●○○ LANG ○○○

9.00 **Daredevil** Comic-book adventure starring Ben Affleck. A man blinded in childhood by toxic waste becomes a secret crime-fighting superhero, putting his remaining, extra-sharp senses to good use. (2003, 15, 101min) ★★★ **9 PM**
SEX ○○○ VIOLENCE ●●○ LANG ●●○

10 PM

11.05 **Brightburn** Horror starring Elizabeth Banks and David Denman. A couple struggling to conceive think their prayers have been answered when an extra-terrestrial child crash-lands on Earth. (2019, 15, 90min) ★★★ **11 PM**
12.55 **to 3.15** AM **The Endless** Horror starring Justin Benson. (2017, 15, 111min) ★★★★

+1 hour 314 430 47 301

GREAT! movies classic

319 424 52 303

6.00 AM **Marine Raiders** War drama. (1944, b/w, PG, 90min) ★★
7.45 **The Narrow Margin** Thriller. (1952, b/w, PG, 71min) ★★★★
9.10 **Our Man in Havana** Spy drama starring Alex Guinness. (1959, b/w, PG, 112min) ★★★★★
11.20 **A Likely Story** Comedy. (1947, U, 80min) ★★
1.00 PM **The Whip Hand** Thriller. (1951, b/w, PG, 82min) ★★
2.40 **Nocturne** Detective thriller. (1946, b/w, PG, 88min) ★★★
4.30 **Loss of Innocence** Drama. (1961, PG, 97min) ★★★
6.35 **The Misfits** Western wirg Clark Gable and Marilyn Monroe. (1961, b/w, PG, 123min) ★★★★
9.00 **Kramer Vs Kramer** Drama starring Dustin Hoffman and Meryl Streep. A divorced couple fight for custody of their child. (1979, PG, 104min) ★★★★★
11.10 **Priest of Love** Biopic. (1980, 15, 120min) ★★★
1.15 AM **Runners** Social drama. (1983, 15, 110min) ★★★
3.25 **The Traitors** Espionage drama. (1962, b/w, PG, 70min) ★★★
4.35 **to 6.00** AM **What a Carve Up!** Comedy. (1961, b/w, U) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Not My Life** Psychological thriller. (2006, 15, 90min) ★★
11.00 **Too Late to Say Goodbye** Thriller. (2009, PG, 95min) ★★★
1.00 PM **Gone: Finding My Daughter** Thriller. (2018, 12, 110min) ★★
2.50 **An Emma Fielding Mystery 2 – Past Malice** Crime drama. (2018, PG, 90min) ★★
4.50 **The Net** Thriller starring Sandra Bullock. (1995, 12, 115min) ★★★
7.10 **The Heist** Comedy starring Christopher Walken, Morgan Freeman and William H Macy. Three museum security guards try to prevent the sale of beloved artworks to another gallery by stealing them before they can be sold. (2008, 12, 90min) ★★★
9.00 **The Girl with the Dragon Tattoo** David Fincher's crime thriller remake based on Stieg Larsson's bestseller, starring Daniel Craig and Rooney Mara. (2011, 18, 157min) ★★★★
12.10 AM **Cold Creek Manor** Thriller. (2003, 15, 119min) ★★
2.30 **Awake** Suspense thriller. (2007, 15, 80min) ★★★
4.15 **to 6.00** AM **Age of Ice** Disaster movie. (2014, 15, 85min) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **The Blitz on Hamburg**
7.15 **Steel Sharks** Action adventure. (1996, 18, 91min) ★
9.10 **Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
11.00 **Starsky & Hutch** 11&12/22. (S1)
1.00 PM **Killer Caliber .32** Western. (1967, PG, 94min) ★★
2.55 **A Bullet for the General** Western starring Gian Maria Volonté. (1966, 18, 115min) ★★
5.10 **The Dirty Dozen: The Fatal Mission** World War Two action sequel starring Telly Savalas. (1988, PG, 91min) ★
7.15 **500 MPH Storm** Disaster movie starring Casper Van Dien, Michael Beach and Sarah Lieving. (2013, PG, 86min) ★★
9.00 **Braven** Action thriller starring Jason Momoa and Garret Dillahunt. A logger defends his family from a group of dangerous drug runners. (2018, 15, 94min) ★★★
10.50 **Crypto** Crime thriller starring Beau Knapp and Alexis Bledel. (2019, 15, 105min) ★★
1.00 AM **Starsky & Hutch** (S1)
3.00 **to 4.00** AM **The War in the Jungle**

+1 hour 324

Movies 24

325 419

7.00 AM **A Cheerful Christmas**
9.00 **Christmas in Harmony** As 9pm.
11.00 **A Very Vintage Christmas**
1.00 PM **Christmas in Tahoe** As 1am.
3.00 **Unlocking Christmas** Drama starring Taylor Cole and Steve Lund. (2020, PG, 85min) ★★
5.00 **Last Christmas at Home** Romantic drama starring Erin Cahill and Justin Bruening. (2018, PG, 76min) ★★
7.00 **A Cheerful Christmas** Romantic comedy starring Erica Deutschman. A woman becomes a Christmas coach for an English royal who hates Christmas. (2019, U, 87min) ★★
9.00 **Christmas in Harmony** Romantic drama starring Ashleigh Murray and Luke James. A singer is persuaded to join a choir for a Christmas show, only to discover the group is led by her ex-boyfriend. (2021, PG, 90min) ★★
11.00 **A Very Vintage Christmas** Drama. (2019, PG, 87min) ★★
1.00 AM **Christmas in Tahoe** Drama. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **Unlocking Christmas** As shown at 3pm.

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

This Much I Know to Be True *Mubi* Documentary. ★★★★
8.10 PM **Liar Liar** *Comedy Central* Comedy starring Jim Carrey and Maura Tierney. ★★★★
9.00 **Daddy's Home** *E4* Comedy starring Will Ferrell and Mark Wahlberg. ★★★
9.00 **Gone in Sixty Seconds** *5STAR* Thriller with Nicolas Cage. ★★★
9.05 **U.S. Marshals** *ITV4* Thriller sequel to *The Fugitive*, starring Tommy Lee Jones. ★★★
10.00 **Jungle Run** *Syfy* Adventure starring Richard Grieco. ★★
10.45 **Fast & Furious Presents Hobbs & Shaw** *ITV* Adventure with Dwayne Johnson. ★★★
11.20 **The Warriors** *5STAR* Thriller starring Michael Beck. ★★★
11.25 **Sliding Doors** *BBC3* Romantic comedy with Gwyneth Paltrow and John Hannah. ★★★★
12.10 AM **Internal Affairs** *BBC1* Thriller starring Richard Gere and Andy Garcia. ★★★★
12.10 **Maze Runner: The Scorch Trials** *Channel 4* Adventure sequel with Dylan O'Brien. ★★★
2.20 **Super 8** *Channel 4* Mystery starring Joel Courtney. ★★★★

Friday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Euros** Round-up of the latest news from the UEFA Women's Euro 2022.
8.00 **LIVE DP World Tour Golf** Day two of the Genesis Scottish Open from the Renaissance Club in North Berwick.
12.30 PM **LIVE DP World Tour Golf** Further coverage of the second day of the Genesis Scottish Open.
3.25 **LIVE Formula 1** The qualifying session for the Austrian Grand Prix, held at Red Bull Ring in Spielberg. Start-time **4.00pm**.
5.45 **The Notebook** Ted Kravitz reviews the qualifying session at the Austrian Grand Prix.
6.15 **LIVE Vitality T20 Blast Cricket** Coverage of the second quarter-final, as the teams contest a place in the last four.
10.00 **LIVE PGA Tour Golf** Coverage of the second day's play of the Barbasol Championship, taking place at the Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **Total Access** A round-up of the latest NFL news.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Andrew Cole**
7.30 **PL Legends: Jamie Carragher**
8.00 **Best PL Goals: Liverpool**
8.30 **Best PL Goals: Chelsea**
9.00 **Premier League 100 Club**
10.00 **PL Retro** Leicester City v Manchester United.
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 15/16**
5.00 **Premier League 100 Club**
6.00 **PL Legends: David Ginola**
6.30 **PL Legends: Juninho**
7.00 **Premier League** Action from Leicester City v Newcastle United.
9.00 **Gary Neville's Soccerbox**
10.00 **Premier League Icons** A profile of Carlos Tevez.
10.30 **PL Retro** Arsenal v Tottenham Hotspur from 2010.
12.30 AM **Premier League Icons** A profile of Yaya Toure.
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 08/09**
5.00 **Best PL Goals: Newcastle**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Greatest Games**
9.00 **EFL Play-off Final: L1 20/21**
10.00 **EFL Play-off Final L1 19/20**
11.00 **EFL Play-off Finals L1 18/19**
12.00 NOON **EFL Highlights**
12.30 PM **EFL** Barnsley v Swansea City.
1.00 **EFL Highlights**
2.00 **EFL Play-off Final: C'ship 20/21** Brentford v Swansea City.
3.00 **EFL Highlights**
6.00 **Best Goals: EFL Cup 2021-22**
6.30 **EFL Cup Highlights** Action from Arsenal v Sunderland.
7.00 **EFL Cup Highlights** Tottenham Hotspur v West Ham United.
7.30 **EFL Cup Highlights** Action from Chelsea v Tottenham Hotspur.
8.00 **EFL Cup Highlights** Action from Liverpool v Arsenal.
8.30 **EFL Cup Highlights** Action from Tottenham Hotspur v Chelsea.
9.00 **EFL Cup Highlights** Action from Arsenal v Liverpool.
9.30 **EFL Cup** Highlights of Chelsea v Liverpool in the 2021/22 final.
10.30 **Best Goals: EFL Cup 2021-22**
11.00 **EFL Greatest Games**
12.00 M'T **EFL Highlights**
2.00 AM **EFL Play-off Final: League 2 20/21**
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **T20 Blast 2013**
7.00 **2018 T20 Blast Final**
8.00 **Vitality T20 Blast Cricket**
11.45 **Best of T20 Blast Finals Day**
12.00 NOON **Dinesh Karthik Meets**
12.45 PM **Best of England v India** Action from the 2009 World T20.
1.00 **International T20 Cricket** England v India: A re-run of the opening match of the three-game series, held at the Ageas Bowl.
5.30 **Best of England v India** Action from the sole T20 in the 2014 series staged at Edgbaston.
5.55 **Best of England v India** The ICC World Twenty20 Super 8s match from 2007 in Durban.
6.15 **LIVE Vitality T20 Blast Cricket** Coverage of the second quarter-final, as the teams contest a place in the last four.
10.00 **Voices of Summer**
10.30 **Talking Cricket**
11.30 **Vitality T20 Blast Cricket** Action from Sussex v Hampshire in the 2004 competition.
12.00 M'T **Vitality T20 Blast Cricket**
3.45 AM **Best of England v India**
4.00 **T20 Blast 2007**
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Ladies European Tour Golf** A look back at highlights from the Amundi German Masters.
7.00 **DP World Tour Golf** Day one of the Genesis Scottish Open.
8.00 **LIVE DP World Tour Golf** Coverage of the second day of the Genesis Scottish Open which is being held at the Renaissance Club in North Berwick.
12.30 PM **LIVE DP World Tour Golf** Further coverage of day two of the Genesis Scottish Open held in North Berwick.
6.30 **The Open: Official Films**
7.30 **The Open Roadtrip**
8.00 **DP World Tour Golf** Highlights from day two of the Genesis Scottish Open.
9.00 **LIVE PGA Tour Golf** Coverage of the second day's play of the Barbasol Championship, taking place at the Keene Trace Golf Club in Nicholasville, Kentucky.
12.00 M'T **DP World Tour Golf**
3.00 AM **Chronicles of a Champion Golfer** Double bill of editions.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **The Aussie Rules Show**
7.00 **WWE Raw Highlights**
8.00 **WWE NXT Highlights**
9.00 **ESPN FC** Football news.
9.30 **The Aussie Rules Show**
10.30 **LIVE AFL Sydney Swans v Western Bulldogs.** Coverage of the match from Sydney Cricket Ground. Bounce-up **10.50am**.
1.30 PM **T20 Cricket Highlights**
2.30 **BT Sport Reload**
3.00 **WWE NXT** Wrestling action.
4.45 **MotoGP Rewind** Action from the Grand Prix of Assen.
5.00 **Premier League Stories**
5.30 **ESPN FC** Football news.
6.00 **AFL** Action from Sydney Swans v Western Bulldogs.
8.00 **BT Sport Fight Night**
10.00 **WWE NXT UK** The next generation of wrestling stars showcase their talents.
11.00 **WWE NXT Highlights**
12.00 M'T **WWE SmackDown Highlights** Wrestling action.
1.00 AM **LIVE WWE Friday Night SmackDown** Wrestling action.
3.00 **AFL** Action from Sydney Swans v Western Bulldogs.
5.00 **to 6.00** AM **FIM Sidecar World Championship Highlights**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **FIM JuniorGP C'ship**
9.45 **MotoGP Rewind**
10.00 **FIM Enduro World C'ship**
10.30 **FIM Sidecar World C'ship**
11.30 **Gearing Up**
12.00 NOON **Motorsport: DTM**
1.00 PM **LIVE V10 R-League** The latest round of the virtual motor racing competition.
2.30 **Irish Rally Review**
3.30 **LIVE V10 R-League** The latest round of the competition.
5.00 **T20 Cricket Highlights**
6.00 **LIVE V10 R-League** Further coverage of the latest round.
7.30 **World Rallycross C'ship**
8.30 **LIVE V10 R-League** Further coverage of the latest round.
10.00 **UFC Fight Camp**
10.30 **UFC Live**
11.00 **UFC: The Ultimate Fighter**
12.00 M'T **LIVE MLB Boston Red Sox v New York Yankees.**
3.30 AM **UFC Fight Camp**
4.00 **UFC Fight Flashback**
4.30 **World Rallycross C'ship**
5.30 **to 6.00** AM **LIVE V8 Supercars Championship** Race 19 of the Repco Australia Supercars Championship.

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Badminton** Action from the finals of the Malaysia Open.
8.00 **LIVE Badminton** Coverage of the quarter-finals of the Malaysia Masters, as the HSBC BWF World Tour Super 500 event continues at Axiata Arena in Kuala Lumpur.
4.30 PM **Badminton Unlimited**
5.00 **FIH Hockey Women's World Cup** Action from England v China.
6.00 **FIH Hockey Women's World Cup** Argentina v Canada.
7.00 **FIH Hockey Women's World Cup** India v New Zealand.
8.00 **FIH Hockey Women's World Cup** South Korea v Spain.
9.00 **BT Sport Films: South of the River** A double bill looking at high-profile football players who all hail from south London.
11.00 **T20 Cricket Highlights** West Indies and Bangladesh.
12.00 M'T **UFC Fight Camp**
12.30 AM **Immortals**
12.45 **LIVE Canadian Premier League York United v Forge FC.** Coverage of the top-flight match from York Lions Stadium.
2.45 **Immortals**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **NFL: America's Game**
7.00 **NFL Bitesize Highlights**
7.30 **The Darts Show**
8.00 **World Matchplay Darts**
10.00 **NFL Bitesize Highlights**
10.30 **Top Rank Boxing Archive**
11.30 **International Rugby Union**
2.15 PM **Darts Gold** Phil Taylor v Chris Mason from 2002.
2.30 **World Matchplay Darts** Action from the 2021 final.
4.30 **The Darts Show**
5.00 **International Rugby Union** New Zealand v Ireland.
7.30 **The Darts Show**
8.00 **Fight Night International** Mikaela Mayer v Jennifer Han.
9.00 **Fight Night** A replay of Josh Taylor v Jack Catterall.
10.00 **Fight Night International** George Kambosos Jr v Devin Haney: Another chance to see the bout for the WBA Super, IBF and WBO World Lightweight titles.
11.00 **NFL Hard Knocks: Dallas Cowboys** Pre-season training.
12.00 M'T **Total Access**
1.00 AM **International Rugby Union**
2.00 **Fight Night International**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Fighting Fit 2020**
7.00 **Fit In 5**
7.30 **My Icon**
7.45 **Betfred Super League Highlights** Recent action.
8.15 **International Rugby Union** New Zealand v Ireland.
11.00 **Fight Night International** Artur Beterbiev v Joe Smith Jr.
12.00 NOON **Fight Night International** A replay of Mikaela Mayer v Jennifer Han.
1.00 PM **Fight Night International** Oscar Valdez v Shakur Stevenson.
2.00 **Fight Night International** A chance to see George Kambosos Jr v Devin Haney.
3.00 **Fighting Fit 2020**
4.00 **Fit In 5**
4.30 **My Icon** Double bill.
5.00 **Fight Night International**
6.00 **Voices of Summer**
6.25 **LIVE Vitality T20 Blast Cricket** Coverage of the third quarter-final, as the teams contest a place in the last four.
10.00 **Voices of Summer**
10.30 **My Icon** Double bill.
11.00 **International Rugby Union** South Africa v Wales.
2.00 **to 6.00** AM **NFL Highlights**

BT Sport/ESPN

423 423 876 | 530 | 411 434

6.00 AM **Highlights**
8.00 **MLB** Baseball action.
11.00 **MLB Quick Pitch**
12.00 NOON **ESPN FC**
12.30 PM **ESPN SportsCenter**
12.45 **Around the Horn**
1.15 **Pardon the Interruption**
1.45 **ESPN SportsCenter**
2.00 **CFL** American football.
4.30 **ESPN FC** Football news.
5.00 **NHRA Drag Racing Highlights**
6.00 **ESPN SportsCenter**
6.15 **Around the Horn**
6.45 **Pardon the Interruption**
7.15 **ESPN SportsCenter**
7.30 **MLB** Baseball action.
10.30 **MLB Quick Pitch**
11.30 **MLB Plays of the Week**
12.00 M'T **NCAA Championship**
2.30 AM **LIVE CFL Saskatchewan Roughriders v Ottawa Redblacks.** Coverage from Mosaic Stadium. Kick-off **2.30am**.
5.30 **to 6.00** AM **MLB Plays of the Week**

Eurosport 1

410 410 868 | 521 | 412 435

6.30 AM **Tour de France: The...**
7.00 **Climbing World Cup**
8.00 **Tennis: Wimbledon**
9.30 **The Power of Sport**
10.00 **Cycling: Milan-San Remo**
10.15 **Cycling: Tour de France**
11.15 **Tour de France: The Breakaway**
11.45 **LIVE Cycling: Tour de France** Coverage of the seventh stage.
5.00 PM **Cycling: Giro d'Italia – Women** Stage eight.
6.30 **The Power of Sport**
7.00 **The Judo Show**
8.00 **Cycling: Tour de France**
9.00 **Tour de France: The Breakaway**
9.30 **Cycling: Giro d'Italia – Women**
11.05 **Cycling: Tour de France**
12.00 M'T **Tour de France: The...**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: The Breakaway**
3.30 **The Power of Sport**
4.00 **Tennis: Wimbledon**
5.30 **to 6.30** AM **Cycling: Tour de France**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **Cycling: Tour de France**
8.30 **Tour de France: The Breakaway**
9.00 **World Touring Car Cup**
10.00 **FIA World Endurance Champs**
11.00 **The Judo Show**
12.00 NOON **Tennis: Wimbledon**
1.30 PM **The Power of Sport**
2.00 **Speedway Grand Prix**
3.00 **British Speedway**
4.00 **World Touring Car Cup**
5.00 **Formula E** The Jakarta ePrix.
6.00 **World Superbikes**
7.00 **World Superbikes Extra**
8.00 **Climbing World Cup**
9.00 **Electric Touring Car Racing**
9.45 **Jason O'Halloran: Behind the Visor**
10.00 **Tennis: Wimbledon**
11.30 **FIA World Endurance Champs**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: The Breakaway**
2.00 **Tennis: Wimbledon**
3.30 **Cycling: Tour de France**
4.30 **to 6.00** AM **Highlights**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Rugby League Retro**
8.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
11.00 **Show Jumping** The Rolex Grand Slam in Aachen, Germany.
12.00 NOON **State of Origin Rugby League** Action from Queensland v New South Wales.
1.00 PM **Super League Highlights**
1.15 **WNBA** Another chance to see Minnesota Lynx v Chicago Sky.
3.00 **Muggsy: Always Believe**
4.30 **S/Lge Retro: Magic Weekend**
6.30 **Super League Highlights**
8.00 **S/Lge Retro: Magic Weekend** Wigan Warriors v Leeds Rhinos from the 2014 Magic Weekend.
10.00 **Super League Highlights**
11.00 **NBA Basketball** Denver Nuggets v Philadelphia 76ers.
1.00 AM **NBA Basketball**
3.00 **Show Jumping**
4.00 **Hannah Mills: Winning On Water**
4.15 **to 6.00** AM **WNBA**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **Highlights**
8.55 **LIVE Formula 3** The Austrian Grand Prix practice session.
9.40 **Highlights**
10.05 **LIVE Formula 2** The Austrian Grand Prix practice session.
10.50 **Highlights**
12.00 NOON **LIVE Formula 1** Coverage of the opening practice session of the Austrian Grand Prix.
1.50 PM **LIVE Formula 3** Qualifying for the Austrian Grand Prix.
2.30 **Highlights**
2.45 **LIVE Formula 2** Qualifying for the Austrian Grand Prix.
3.25 **LIVE Formula 1** The qualifying session for the Austrian Grand Prix. Start-time **4.00pm**..
5.45 **The Notebook**
6.15 **The F1 Show**
7.15 **Toto & George**
7.25 **Johnny in Jones' Champ Car**
7.30 **Formula 1**
9.15 PM **to 6.00** AM **Highlights**

SKY HD SD | VIRGIN HD | BT HD

Kids' Weekly TV Guide

2-8 July

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

CBBC

607 607 643 | 701 | 201 | 204 | 607 | 600

SATURDAY **7.00am** Shaun the Sheep **7.05** Danger Mouse **7.30** Boy Girl Dog Cat Mouse Cheese **7.40** Newsround New episode **7.50** Odd Squad **8.05** Dennis & Gnasher Unleashed! **8.15** Pokemon: Diamond & Pearl: Popular Japanese animation. **8.40** FILM How to Train Your Dragon: Homecoming: Animated drama with the voice of Jay Baruchel. Hiccup and sidekick Toothless reunite to remind both their kinds of the inseparable bond between Vikings and dragons. **9.00** Saturday Mash-Up! New episode **11.30** Blue Peter **12.00noon** Danny & Mick **12.10pm** Ninja Express **12.35** Dennis & Gnasher Unleashed! **1.20** Boy Girl Dog Cat Mouse Cheese **2.05** Danger Mouse: Revival of the classic cartoon about the adventures of a crimebusting rodent. **2.30** Hardball **2.55** Katy **3.25** Princess Mirror-Belle **3.45** Shaun the Sheep **4.15** Odd Squad **4.40** Danger Mouse **5.05** Pokemon: Diamond & Pearl **5.25** Summer Camp Island **5.50-7.00pm** Gangsta Granny: Family comedy based on David Walliams' book about a law-breaking OAP who takes her bored grandson on a crime spree. Julia McKenzie stars.

SUNDAY As Saturday except: **7.05-7.10am** Sketchy Comedy **8.30** The Dengineers **9.00** Blue Peter **9.30** Princess Mirror-Belle **9.55** Andy and the Band **10.10** Danny & Mick **10.20** Gangsta Granny **11.30** Danger Mouse **12.15pm** OOglies Funsize **12.20** Deadly Dinosaurs with Steve Backshall **12.50** Deadly 60: Earth's most dangerous animals. **1.20** Horrible Histories: Magna Carta Special: The team turns its attention to King John and the Magna Carta. **1.50** Horrible Histories: Awesome Alfred the Great Special: A look at the life of the English king. **2.20** Horrible Histories: Wicked William the Conqueror Special: An edition of the historical comedy focusing on the Norman king. **2.45** The Dengineers **3.40** Operation Ouch! **4.10** Hardball **4.35** Theodosia **5.00** Jamie Johnson **5.30** The New Legends of Monkey New episode **6.00** Malory Towers **6.25** Skin Deep **6.30-7.00pm** Horrible Histories: Mardy Mary Queen of Scots Special: The life of the 16th-century royal.

MON, WED & THURS
7.00am Danger Mouse **7.20** Dennis & Gnasher Unleashed! **7.35** Boy Girl Dog Cat Mouse Cheese **7.45** Newsround New episode **8.00** Ninja Express **8.10** Odd Squad **8.25** The Dengineers: A team of expert designers constructs dream dens for lucky youngsters. **8.50** Danny & Mick **9.05** Operation Ouch! **9.35** Blow Your Mind **9.45** Absolute Genius with Dick & Dom **10.15** Art Ninja **10.45** Horrible Histories **11.15** Deadly Dinosaurs with Steve Backshall **11.45** Class Dismissed **11.55** Sketchy Comedy **12.00noon** Danger Mouse **12.25pm** Boy Girl Dog Cat Mouse Cheese **12.45** Dennis & Gnasher Unleashed! **1.10** Malory Towers **2.00** Theodosia **2.25** Deadly 60 **2.55** Lifebabble: Children's lifestyle series. **3.00** Horrible Histories **3.30** Dennis & Gnasher Unleashed! **3.40** Little Big Awesome: Children's animation about the adventures of best friends Gluko and Lennon. **3.55** Boy Girl Dog Cat Mouse Cheese New episode **4.05** Ninja Express **4.20** Danger Mouse **4.45** Odd Squad: Specialist agents solve strange events using skills in mathematics. **5.10** We Bare Bears: Animation. **5.25** Summer Camp Island **5.35** One Zoo Three **5.50** My Life **6.00** Malory Towers **6.25** Nikki Lilly Meets **6.35-7.00pm** The Next Step

TUE As Monday except: **2.00-2.30pm** Blue Peter

FRI As Monday except: **3.00-3.30pm** Horrible Histories: Magna Carta Special **5.00** Blue Peter New episode **5.30** Nikki Lilly Meets **5.45** One Zoo Three **6.00** So Awkward **6.30-6.35pm** Lifebabble

CBEEBIES

608 608 644 | 702 | 202 205 | 608 | 601

SATURDAY & SUNDAY
6.00am Show Me Show Me **6.20** Bing **6.30** Love Monster **6.40** Chuggington **6.50** Go Jetters **7.00** Postman Pat: SDS **7.15** Bing **7.35** Hey Duggee **7.50** Go Jetters **8.00** Peter Rabbit **8.15** Octonauts **8.25** Chuggington **8.35** Bitz & Bob **8.50** The Furchester Hotel **9.00** Something Special: We're All Friends **9.25** Bluey **9.40** Hey Duggee **9.50** School of Roars **10.00** Go Jetters **10.10** Justin's House **10.35** Swashbuckle New episode Game show for children. **11.00** Pinocchio and Friends **11.10** Dipdap **11.15** Dog Loves Books **11.20** Tee and Mo **11.30** Timmy Time **11.35** Waffle the Wonder Dog **11.45** JoJo & Gran Gran **12.00noon** Big Cook Little Cook **12.20pm** Raa Raa the Noisy Lion **12.30** Hey Duggee **12.45** Bitz & Bob **1.10** Love Monster **1.25** Go Jetters **1.50** Dog Loves Books **1.55** Timmy Time **2.00** Something Special: We're All Friends **2.20** Maddie's Do You Know? **2.35** Pinocchio and Friends **2.50** Love Monster **2.55** Pablo **3.05** School of Roars **3.15** Messy Goes to OKIDO **3.25** Bing **3.40** Andy's Safari Adventures **3.55** Numberblocks **4.00** Let's Dance **4.10** Magic Hands: Poetry programme for both deaf and hearing children. **4.20** Treasure Champs **4.35** Timmy Time **4.40** Bluey **4.45** Arthur **5.00** Andy's Aquatic Adventures **5.15** Molly and Mack **5.30** JoJo & Gran Gran **5.45** Sarah & Duck **5.50** Charlie and Lola **6.05** Tee and Mo **6.10** Clangers **6.20** In the Night Garden **6.50-7.00pm** CBeebies Bedtime Stories

MONDAY **6.00am** Raa Raa the Noisy Lion **6.10** Bing **6.20** Teletubbies **6.35** Tee and Mo **6.40** Tish Tash **6.45** Chuggington **6.55** Bing **7.05** Hey Duggee **7.20** Bluey **7.35** Go Jetters **7.50** Peter Rabbit **8.00** Octonauts: Animated underwater adventures. **8.15** Numberblocks **8.20** Love Monster **8.25** Nick Cope's Popcast **8.35** Justin's House **8.55** Dipdap **9.00** Bing **9.05** Yakka Dee! **9.15** Dog Loves Books **9.20** Love Monster **9.30** Twirlywoos **9.40** Our Family **9.45** Something Special: We're All Friends **10.05** Teletubbies **10.20** The Toddler Club New episode **10.35** Hey Duggee: Animation for children aged two to five. **10.40** Tik Tak **10.45** Tiny Wonders **10.50** Kiri & Lou **10.55** Love Monster **11.10** Patchwork Pals **11.15** Let's Go for a Walk **11.30** Teeny Tiny Creatures **11.45** Our Family **12.00noon** My World Kitchen **12.10pm** Andy's Aquatic Adventures **12.25** Waffle the Wonder Dog: Animated fun for younger viewers. **12.35** Tee and Mo **12.45** Go Jetters **1.00** Yakka Dee! **1.05** Numberblocks **1.10** Alphablocks **1.15** Dog Loves Books **1.25** Hey Duggee **1.30** Love Monster **1.40** Nick Cope's Popcast **1.45** Something Special: We're All Friends **2.05** Teletubbies **2.20** Bing **2.30** Go Jetters **2.40** Timmy Time **2.45** Andy's Aquatic Adventures **3.00** Ferne and Rory's Vet Tales **3.15** Swashbuckle **3.40** Hey Duggee **3.45** Peter Rabbit **4.00** Maddie's Do You Know? **4.15** Grace's Amazing Machines **4.30** My Petsaurus **4.35** Bluey **4.40** Pinocchio and Friends **4.55** Timmy Time **5.00** Molly and Mack **5.15** Waffle the Wonder Dog **5.25** Sarah & Duck: The adventures of a girl and her duck. **5.35** JoJo & Gran Gran **5.45** Moon and Me **6.10** Clangers **6.20** In the Night Garden **6.50-7.00pm** CBeebies Bedtime Stories

TUE As Mon except: **5.00-5.10pm** Topsy and Tim: Fun with the twins. **5.10-5.15pm** Our Family

WED As Mon except: **5.00-5.15pm** Apple Tree House

THURS As Mon except: **5.00-5.15pm** GiggleQuiz

FRI As Mon except: **5.00-5.15pm** Hey Duggee

CITV

612 | 734 711 | 203 | 602

SATURDAY **6.00am** The Rubbish World of Dave Spud **6.35** Thunderbirds Are Go **7.00** Dare Master @Home **7.05** Teen Titans Go! **7.30** Inspector Gadget **8.00** Be Cool, Scooby-Doo! **8.25** Dorg Van Dango **8.55** Inspector Gadget **9.25** Mr Magoo **9.55** Hotel Transylvania **10.25** The Rubbish World of Dave Spud **11.05** Be Cool, Scooby-Doo! **12.25pm** DC Super Hero Girls **1.25** Inspector Gadget **1.55** Mr Bean: The Animated Series **2.55** NinjaGo: Prime Empire **4.25** Hotel Transylvania **4.55** Mr Magoo **5.40** Detention Adventure **6.10** Ted's Top Ten **8.25** Detention Adventure **8.55-9.00pm** Dare Master @Home

SUNDAY As Saturday except: **7.05am** Ben 10 **7.15** Mr Bean: The Animated Series **7.30** Craig of the Creek **7.55-8.25** The Rubbish World of Dave Spud **8.55** Ted's Top Ten **11.25am-12.25pm** Be Cool, Scooby-Doo! **3.25** Ninjago: Master of the Mountain **4.25** The Epic Tales of Captain Underpants **4.55** Hotel Transylvania **5.25** Don't Unleash the Beast **5.50** Detention Adventure **6.20** Thunderbirds Are Go **6.45** Mr Bean: The Animated Series **7.15** The Rubbish World of Dave Spud **8.00-8.25pm** Don't Unleash the Beast

MONDAY-WEDNESDAY
6.00am Gormiti 3D: The Herald of Gorm **6.30** Thunderbirds Are Go **6.55** Dorg Van Dango **7.10** The Rubbish World of Dave Spud **7.25** Teen Titans Go! **7.55** Dare Master **8.00** Be Cool, Scooby-Doo! **8.30** What's New Scooby-Doo? **9.00** Shaggy & Scooby-Doo Get a Clue! **9.25** Buck and Buddy **9.30** Inspector Gadget **10.00** Mr Bean: The Animated Series **10.30** The Rubbish World of Dave Spud **11.00** Hotel Transylvania **11.30** Mr Magoo **12.10pm** Spy School **12.35** Massive Monster Mayhem **1.00** Teen Titans Go! **1.30** Don't Unleash the Beast **1.55** NinjaGo: Prime Empire **2.20** Dorg Van Dango **2.55** Mr Magoo **3.30** What's New Scooby-Doo? **4.00** Be Cool, Scooby-Doo! **4.30** DC Super Hero Girls **5.00** The Rubbish World of Dave Spud **5.30** Makeaway Takeaway **6.00** Detention Adventure **6.30** Teen Titans Go! **7.00** Mr Bean: The Animated Series **7.25** What's New Scooby-Doo? **7.55** Don't Unleash the Beast **8.25** Makeaway Takeaway **8.55-9.00pm** Dare Master

THURS & FRI As Monday except: **1.55-2.20pm** Ninjago: Master of the Mountain

NICK JR

606 648 | 715 | 470 476

SATURDAY **6.00am** Paw Patrol **6.30** Blaze and the Monster Machines **7.00** The Smurfs **7.15** Peppa Pig **7.45** Kangaroo Beach **8.00** Santiago of the Seas: The Stone of Life **8.15** Paw Patrol **9.00** Baby Shark's Big Show! **9.30** Ricky Zoom **9.45** Thomas & Friends **10.00** Blaze and the Monster Machines **11.00** Paw Patrol **11.45** Deer Squad **12.00noon** Paw Patrol **2.30pm** Peppa Pig **3.30** Ben and Holly's Little Kingdom **4.00** Bubble Guppies **4.30** Blaze and the Monster Machines **5.30** Floogals **5.45** Paw Patrol **6.00** Ricky Zoom **6.15** Paw Patrol **6.30** Kangaroo Beach **7.00** Paw Patrol **8.30** Ben and Holly's Little Kingdom **9.30** Paw Patrol **11.30** Ben and Holly's Little Kingdom **12.30am** Peppa Pig **3.00** Blaze and the Monster Machines **4.30-6.00am** Paw Patrol

SUNDAY As Saturday except: **7.00-7.45am** Peppa Pig **8.00-8.15** Santiago of the Seas **5.45-6.00pm** The Smurfs

MONDAY **6.00am** Paw Patrol **6.45** Paddington **7.00** Anna & Friends **7.10** Peppa Pig **7.30** Baby Shark's Big Show! **8.00** Paw Patrol **8.30** Blue's Clues & You **9.00** Blaze and the Monster Machines **9.30** Peppa Pig **10.00** Anna & Friends **10.10** Peppa Pig **10.30** Paw Patrol **11.00** Thomas & Friends **11.15** Ben and Holly's Little Kingdom **11.30** Paddington **12.00noon** Blaze and the Monster Machines **12.30pm** Paw Patrol **2.45** Ricky Zoom **3.00** Thomas & Friends **3.15** Peppa Pig **3.35** Pip and Posy **3.45** Peppa Pig **3.50** Pip and Posy **4.00** Peppa Pig **4.30** Blue's Clues & You **5.00** Paddington **5.15** Thomas & Friends **5.30** Paw Patrol **6.00** Baby Shark **6.30** Blaze and the Monster Machines **7.00** Santiago of the Seas **7.15** Paw Patrol **8.00** Paddington **8.15** Ben and Holly's Little Kingdom **8.30** Paw Patrol **11.30** Ben and Holly's Little Kingdom **12.30am** Peppa Pig **3.00** Blaze and the Monster Machines **4.30-6.00am** Paw Patrol

TUE-THU As Monday except: **7.15am** Anna & Friends: Cartoon adventures. **7.25-7.30** Peppa Pig **10.15** Anna & Friends **10.25-10.30am** Peppa Pig

FRIDAY As Monday except: **7.15am** Anna & Friends **7.25-7.30** Peppa Pig **10.15** Anna & Friends **10.25-10.30** Peppa Pig **5.00pm** Thomas & Friends **6.15-6.30pm** Baby Shark's Big Show!

+1 hour 628

Highlights

Duck and Goose

Apple TV+, from Friday

New animation about the friendship of two feathered friends. The pals learn that celebrating their differences can be the key to solving any problems.

Mystic

BBC iPlayer, from Monday

In the third series of the drama based on the *Pony Club Secrets* books, Issie believes Mystic is trying to warn her of an impending environmental disaster.

Coming soon

David Dawson, Emma Corrin and Harry Styles

My Policeman

Harry Styles stars as a troubled 1950s police officer in a compelling period drama

Here's an early peek at Harry Styles in his upcoming film *My Policeman* for Prime Video, which follows the fallout from a passionate love triangle in the 1950s.

The drama, airing from 4 November and directed by Michael Grandage, is based on the 2012 novel by Bethan Roberts, and sees the former One Direction star as Brighton-based policeman Tom, who meets and marries spirited schoolteacher Marion, played by *The Crown*'s Emma Corrin.

But Tom's life is turned upside down when he then meets and falls in love with charismatic museum curator Patrick, portrayed by *The Last Kingdom*'s David Dawson. Can Tom and Patrick keep their clandestine affair under wraps in an era when homosexuality is still illegal?

FLASH FORWARD

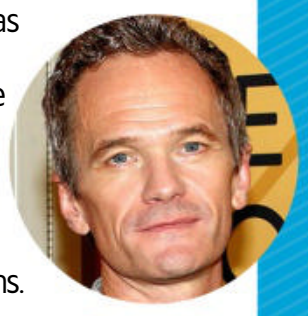
As the film cuts back and forth to the 1990s, Linus Roache plays the older Tom, while Gina McKee plays Marion and Rupert Everett is a frail and incapacitated Patrick, as we see the trio trying to deal with the long-lasting consequences of the heartache they have each endured.

'The whole point of Tom is that he is a character who is confused. Things are made more problematic by the fact that he's a policeman, and he's in a career that is about upholding the law. And the law in the country at the time is about everything he feels,' explains award-winning stage director Grandage. 'But these two men, when they're together, seem to be free.'

WHAT'S NEXT FOR...

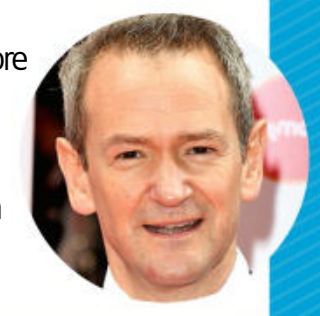
Neil Patrick Harris

The actor will star in BBC1's **Doctor Who** next year as a character who Russell T Davies has described as 'the greatest enemy the Doctor has faced.' His appearance will be part of the show's 60th-birthday celebrations.



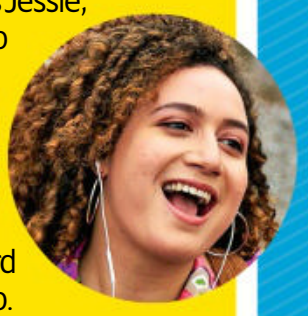
Alexander Armstrong

In Channel 5's three-part travelogue **South Korea with Alexander Armstrong**, the presenter will explore the global impact of the nation's culture, along with its reputation for cutting-edge technology.



Coming Back

Rose Matafeo will return for a third six-part run of BBC3's **Starstruck**, in which she plays Jessie, who is facing up to the challenges of dating film star Tom (Nikesh Patel). 'I'm thrilled to bring this talented cast back for a third time, says Matafeo.

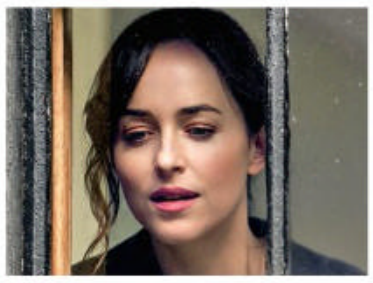


Filming is underway on the fourth series of ITV's **The Bay**, which sees DS Jenn Townsend (Marsha Thomason) investigate the death of a mum. 'We can't wait to bring it to life by Morecambe's beautiful shore,' reveals producer Catherine Oldfield.

Next week *On sale Tuesday 5 July*

Breeders

Daisy Haggard and Martin Freeman return for a third run of the wry Sky Comedy series.



Persuasion

Netflix's version of Jane Austen's classic sees Dakota Johnson as a woman with a big decision.

Our Man in Italy

James May packs his bags for the Mediterranean country for his latest jaunt on Prime Video.

The Open

St Andrews in Scotland is the venue on Sky Sports for the prestigious golf competition.

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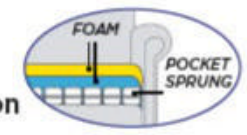

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